

Acts Of Kindness Jar

Supplies You Can Use:

- A Jar of any size.
- Cardstock to add your acts of kindness + positive phrases to.
- Sharpies to write acts of kindness + positive phrases with.
- Scissors.

Optional:

- Stickers.
- Washi Tape.
- Fabric + Hot glue gun.
- Ribbon.

Positive Phrases:

- EVERY MOMENT IS AN OPPORTUNITY.
- TREAT EACH OTHER WITH KINDNESS.
- FORGIVE AND FORGET.
- BE THANKFUL FOR FAMILY.
- YOU ARE IMPORTANT.

Acts of Kindness:

- DO SOMETHING NICE FOR ANIMALS.
- WRITE A LETTER TO A FAMILY MEMBER.
- CREATE A PIECE OF ART FOR SOMEONE YOU LOVE.
- TELL A FRIEND WHAT YOU LOVE ABOUT THEM.