

Memory Jar

*Since we are practicing social distancing, please create them + hold on to them for the future, or give to a family member you currently live with.

Supplies You Can Use:

- A Jar of any size
- Cardstock to add memories to
- Sharpies to write memories with
- Scissors

Optional:

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

Memory Jar Ideas:

- moments that made you proud
- favorite meal of all time
- best compliment you ever received
- things you're currently curious about
- the things, large and small, you're grateful for
- your favorite TV show of all time
- your favorite joke
- something nice you did for yourself
- something nice someone else did for you
- the song that gives you the best memories
- who was president when you were a high school senior?