

Little Jar of Wonderful Things

Sometimes it is nice to remember good things that have happened in the past. A good way to remember these times is to make a 'Little Jar of Wonder'.

To do this you will need:

- *A clean, empty jar with a lid*
- *Small pieces of paper*
- *Pens and crayons*
- *Stickers, sequins etc. to decorate*



The idea is whenever something good, fun or awesome happens in your life, you write it down on one of the pieces of paper and put it in the jar.

You can read the contents weekly, or on special days like your birthday or other anniversaries, or anytime that you are feeling a little low.