

Gratitude Jar



PHE Curricular Competencies: Mental Well-being

Audience(s): K-3, 4-5

Hyperlink: [Gratitude Jar Step-by-Step Guide from APPLE Schools](#)

Description

A short, step-by-step instructional on how to create a gratitude jar by APPLE Schools.

Although this activity was specifically created for the classroom, it can easily be modified to become a family activity or a virtual classroom activity. For the latter, ask students things they are grateful for via email or phone and create your own compilation at home to share later.

Objective(s)

Thinking and writing down things that we are grateful for is an effective strategy to improve mood. Teaching children mental health strategies will enable them to better regulate their own well-being throughout their lives.

Curricular Connections

This resource relates to the following curricular competencies:

K-Grade 3: Identify, describe and apply practices that promote mental well-being.

Grade 4-5: Describe and assess strategies for promoting mental well-being, for self and others.

Are there other resources that you love for cultivating the health of students and staff in your school community? Send your suggestions to dashbcresources@gmail.com