



Parent Guide

How can I use this with my family?

One of the principles of mindfulness is to focus on the moment. Fill these jars with small, day-to-day things and take some time to choose an idea from the jar and think about small things to be grateful for.

How does this support my family?

We all need reminding of the small things in life from time to time. It can be easy to take things for granted and these little reminders are a great way to take a moment to value the things around us.

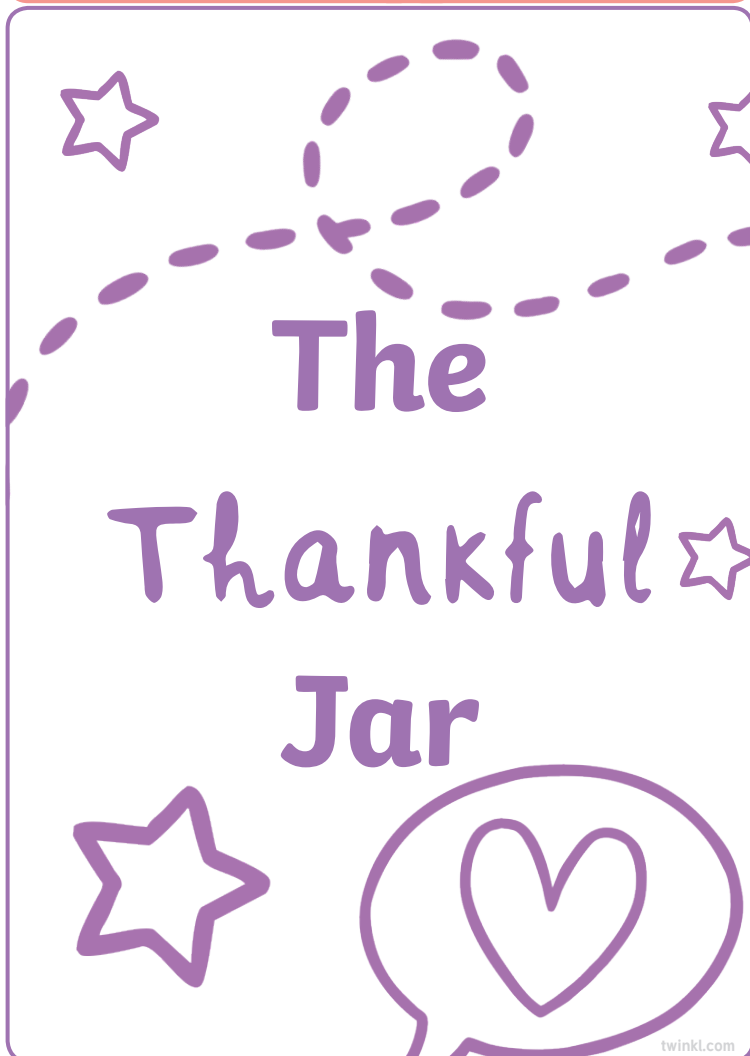


Ideas Jar: I Am Grateful For...

As the world becomes more and more disposable, and with everything available at our fingertips at any time of the day, we can sometimes miss the simple things that we should be thankful for.

Find yourself a clean empty jar, decorate it and attach a label – create your own label or use one from the sheet provided. Place the jar somewhere in your house where it can be seen. Take a moment each day or week to write down something that you are grateful/thankful for on the blank cards or spare pieces of paper (make sure you add the date) and place it in the jar.

On a date that you choose, such as one year from when you started, open the jar and read through all of your gratefulness notes. It might surprise you that sometimes it is the simplest of things that can make you smile.



A rectangular template with a pink border decorated with small white stars. The interior is white with five horizontal lines for writing. The text "twinkl.com" is printed in the bottom right corner.

A rectangular template with a purple border decorated with small white stars. The interior is white with five horizontal lines for writing. The text "twinkl.com" is printed in the bottom right corner.

A rectangular template with a green border decorated with small white stars. The interior is white with five horizontal lines for writing. The text "twinkl.com" is printed in the bottom right corner.

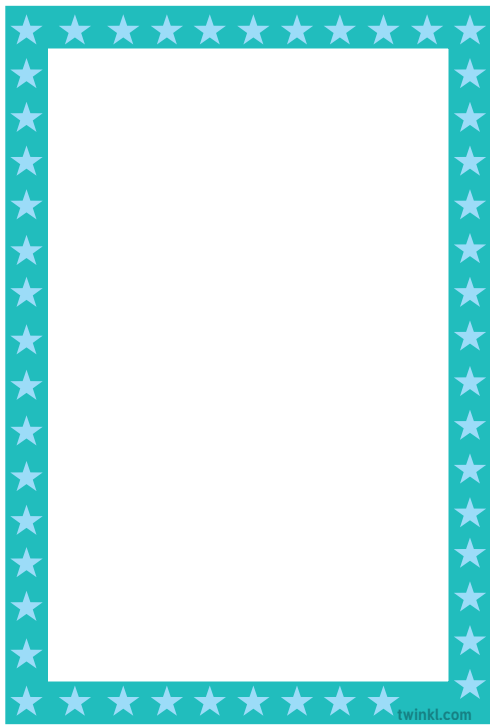
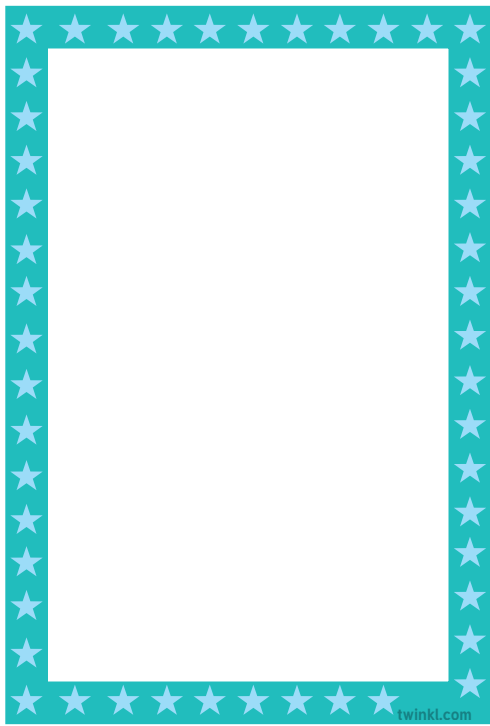
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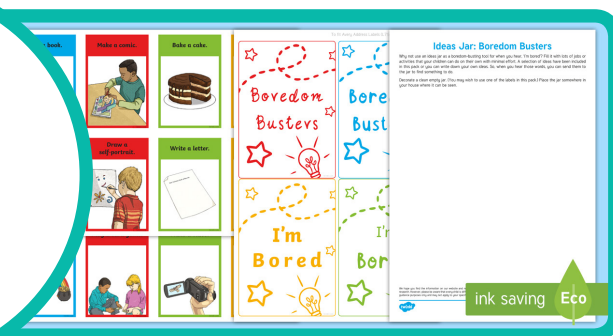
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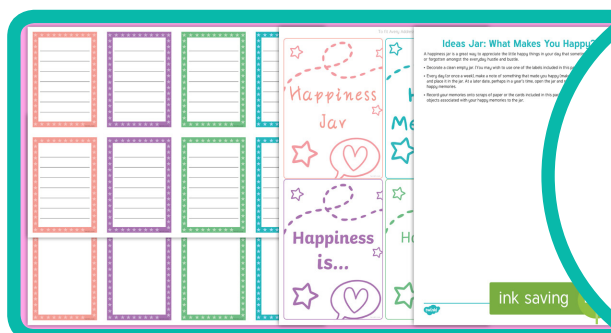


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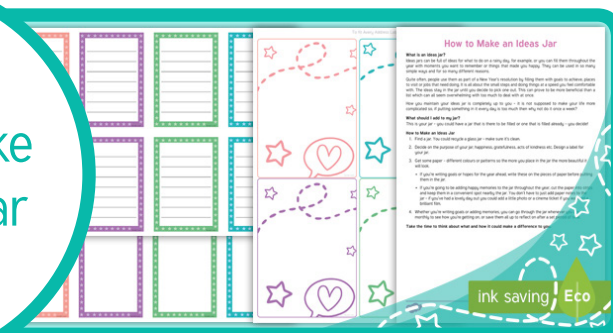
Ideas Jar: Boredom Busters



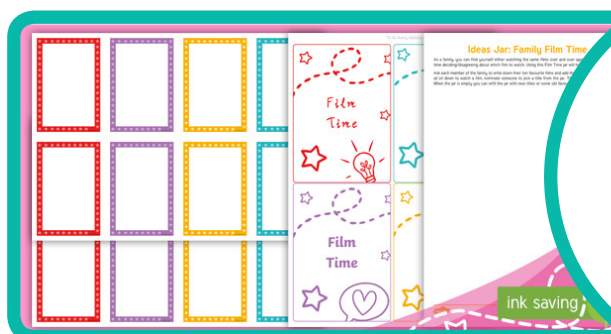
Ideas Jar: What Makes You Happy?



How to Make an Ideas Jar



Ideas Jar: Family Film Time



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