

## **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.