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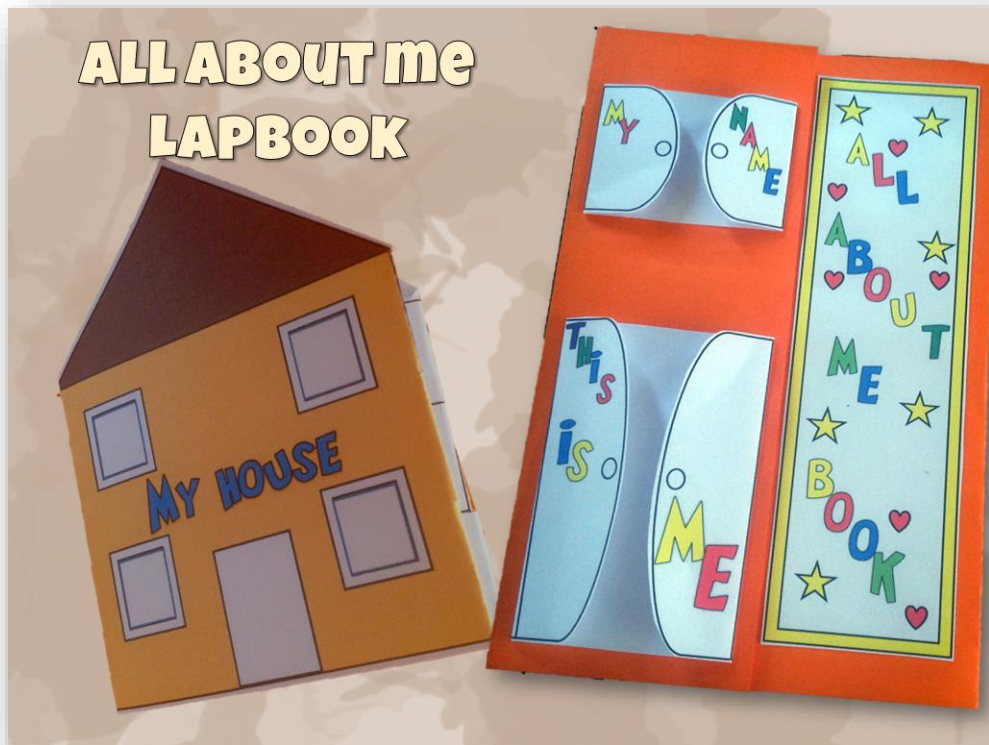




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# Jar of...

Jars can be great for social and emotional work. Obviously you can make a physical jar with all of these ideas, just make a nice label and add some slips of paper, but for ease you can just use a worksheet. Children can write, or colour inside their jars.

I asked you for ideas on Instagram and on Facebook and you came up with these. There are some of mine in there too!

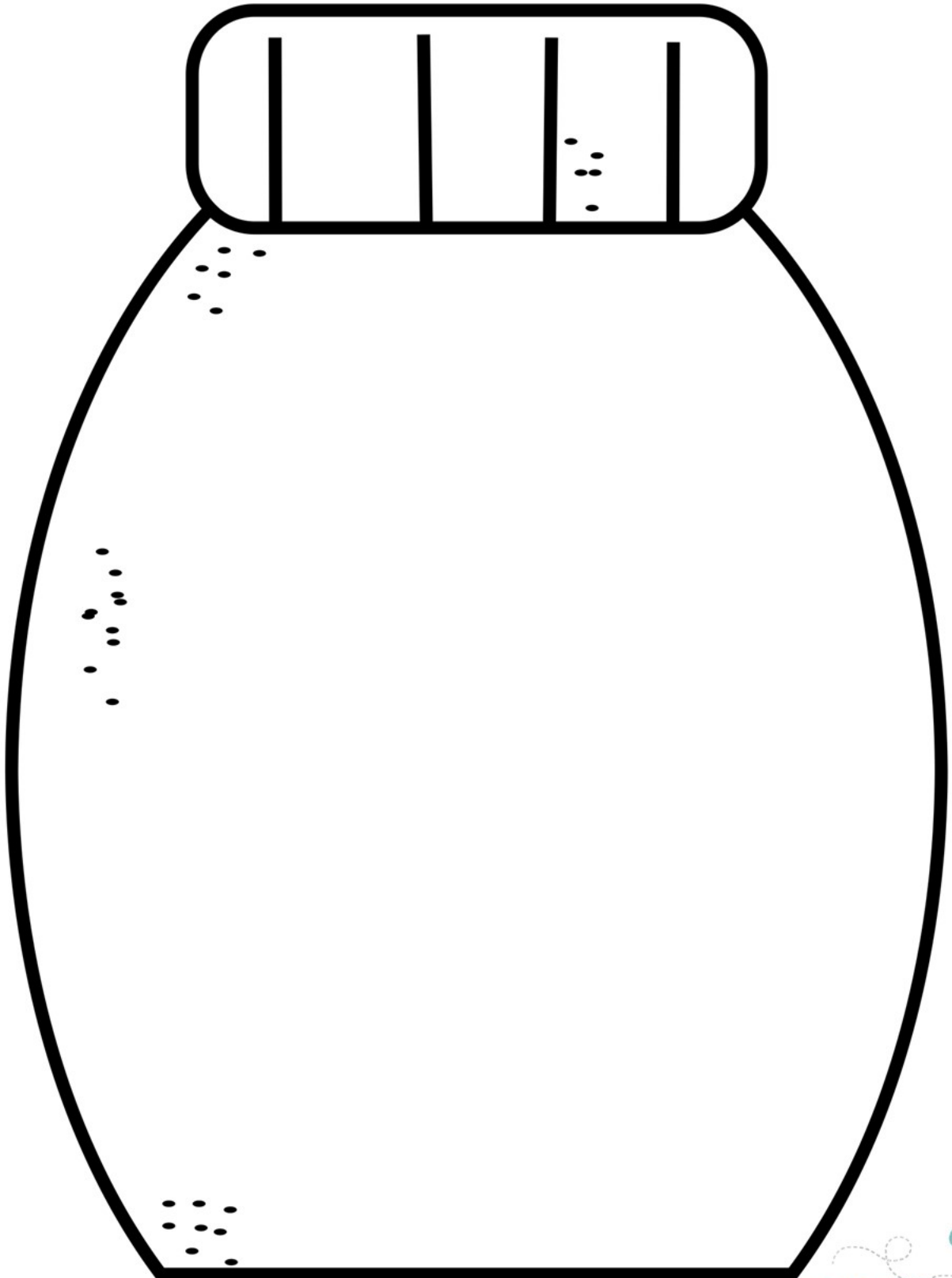
Print out the one you want to use and let the magic begin!

Click here if you want to follow me on [Instagram](#)



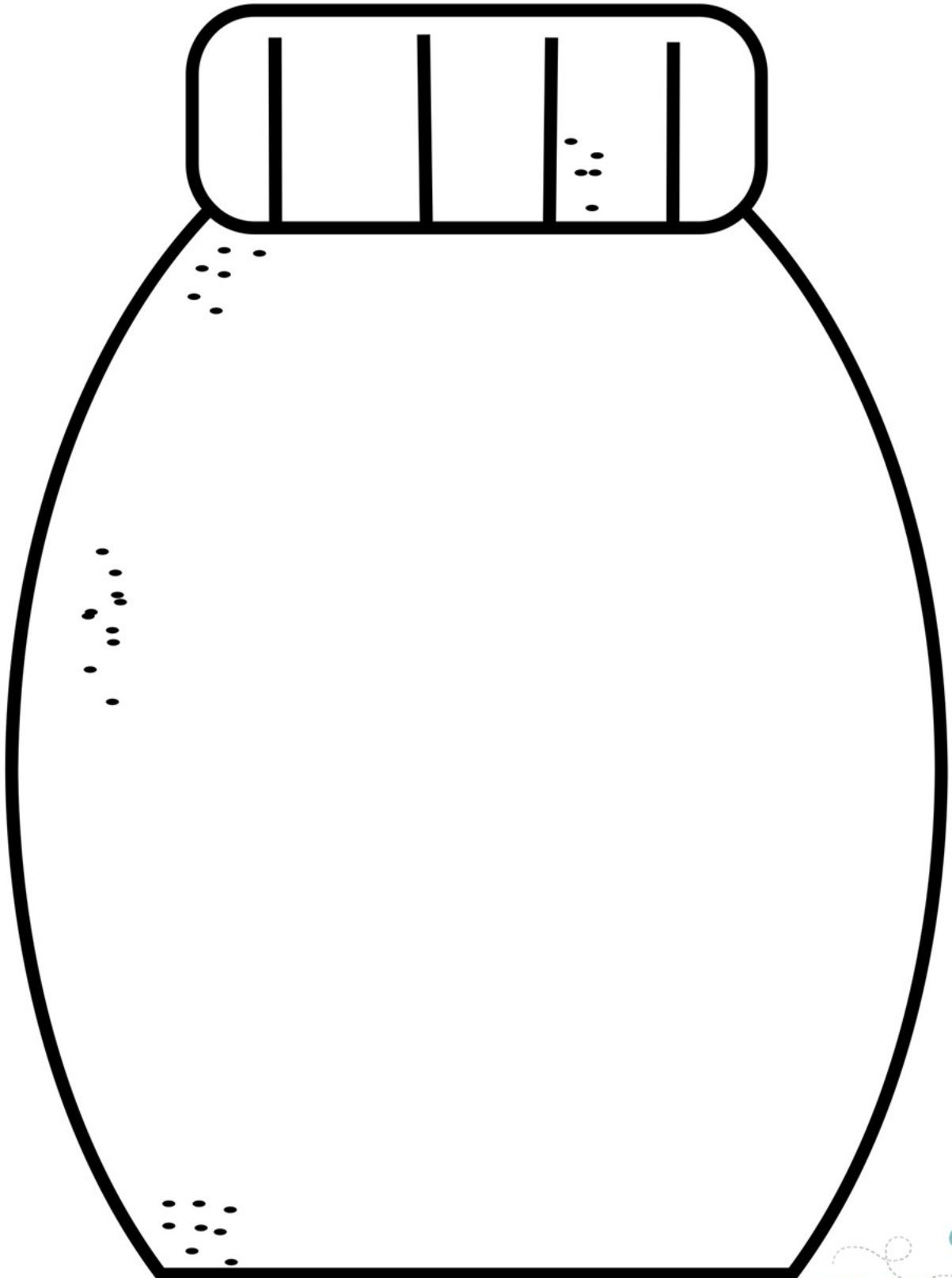
# JAR OF LAUGHTER

Fill the jar with all the things that make you laugh



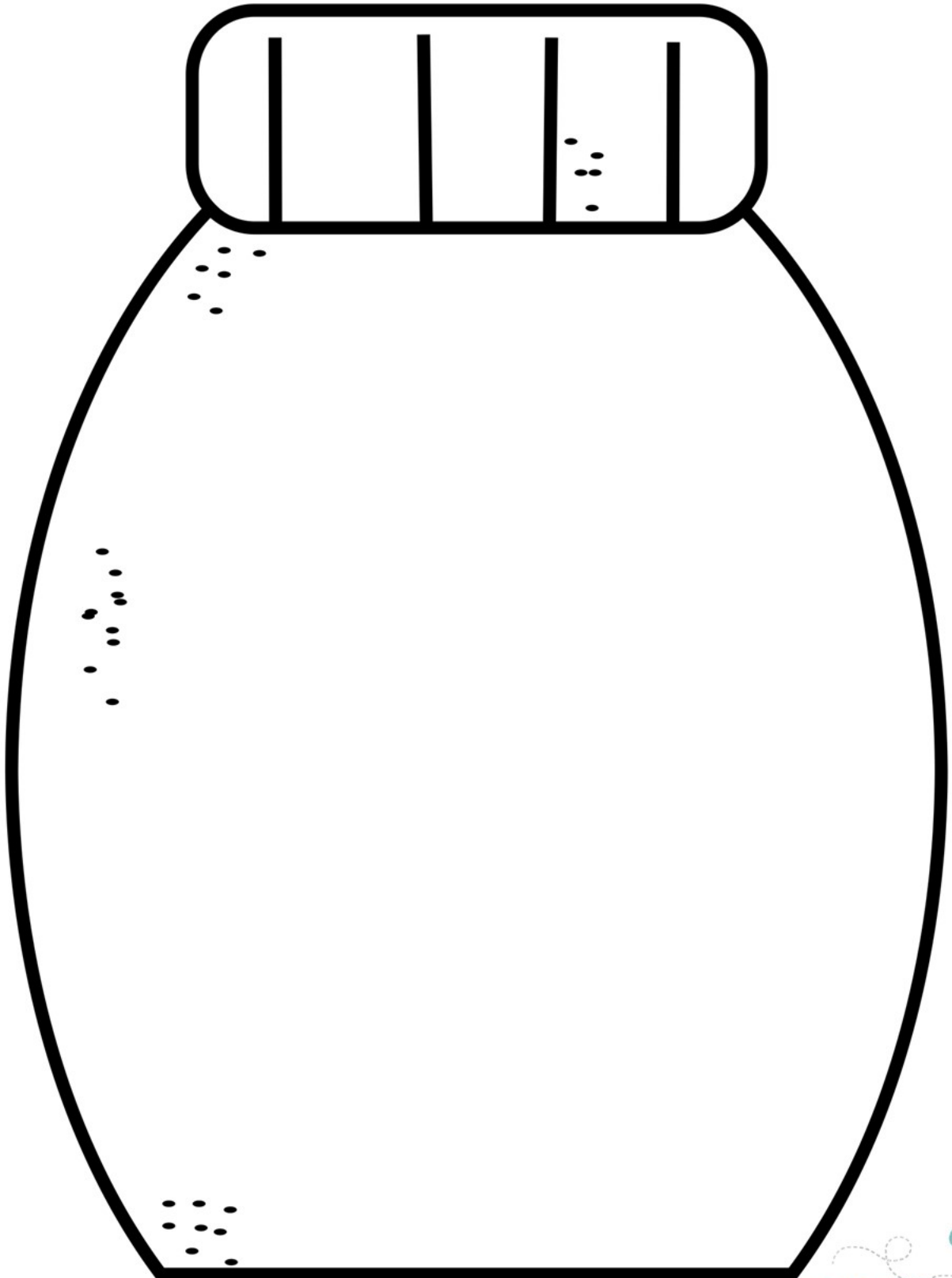
# JAR OF WISHES

Fill the jar with all your wishes



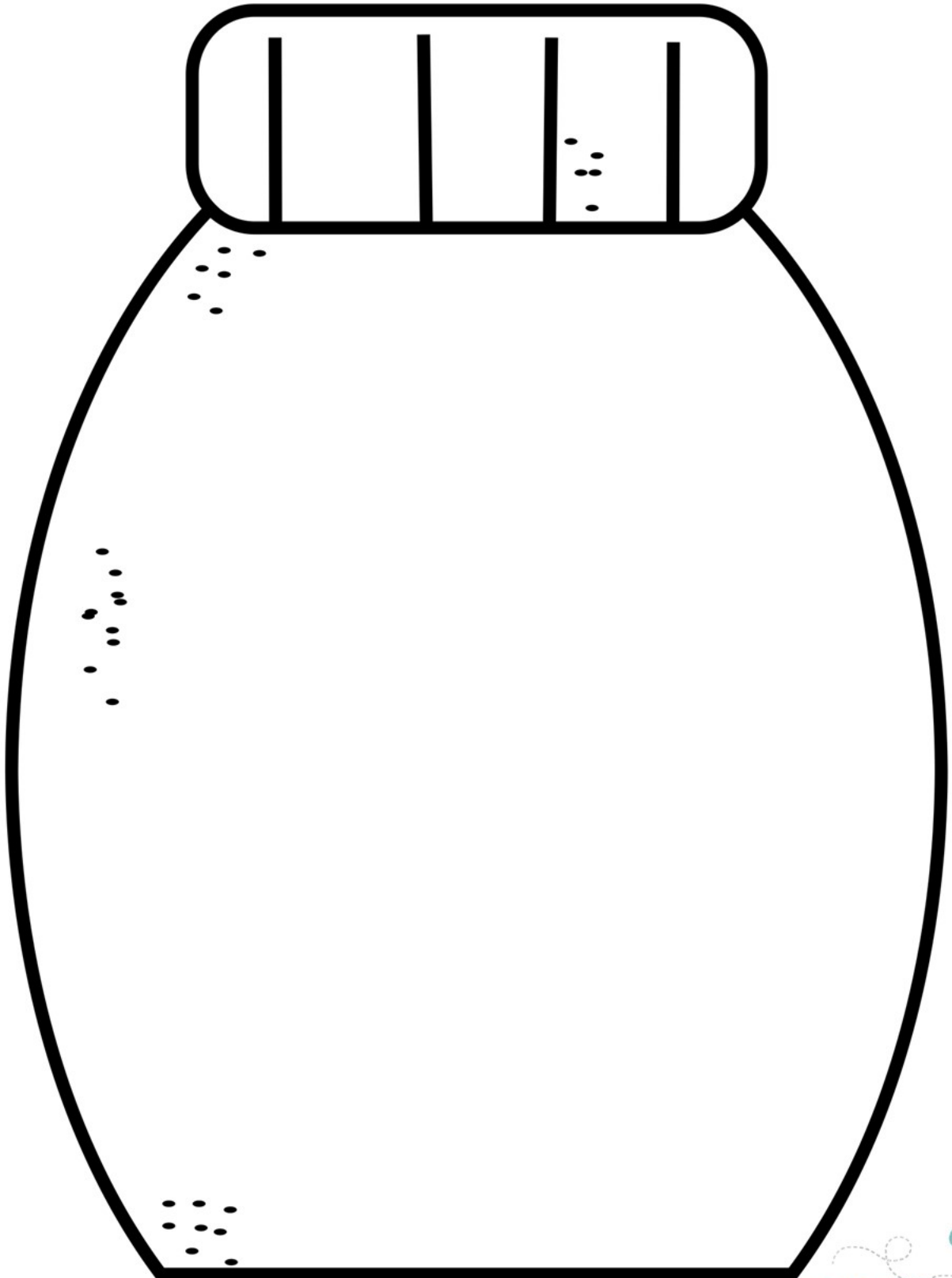
# JAR OF ACHIEVEMENTS

Fill the jar with all your achievements



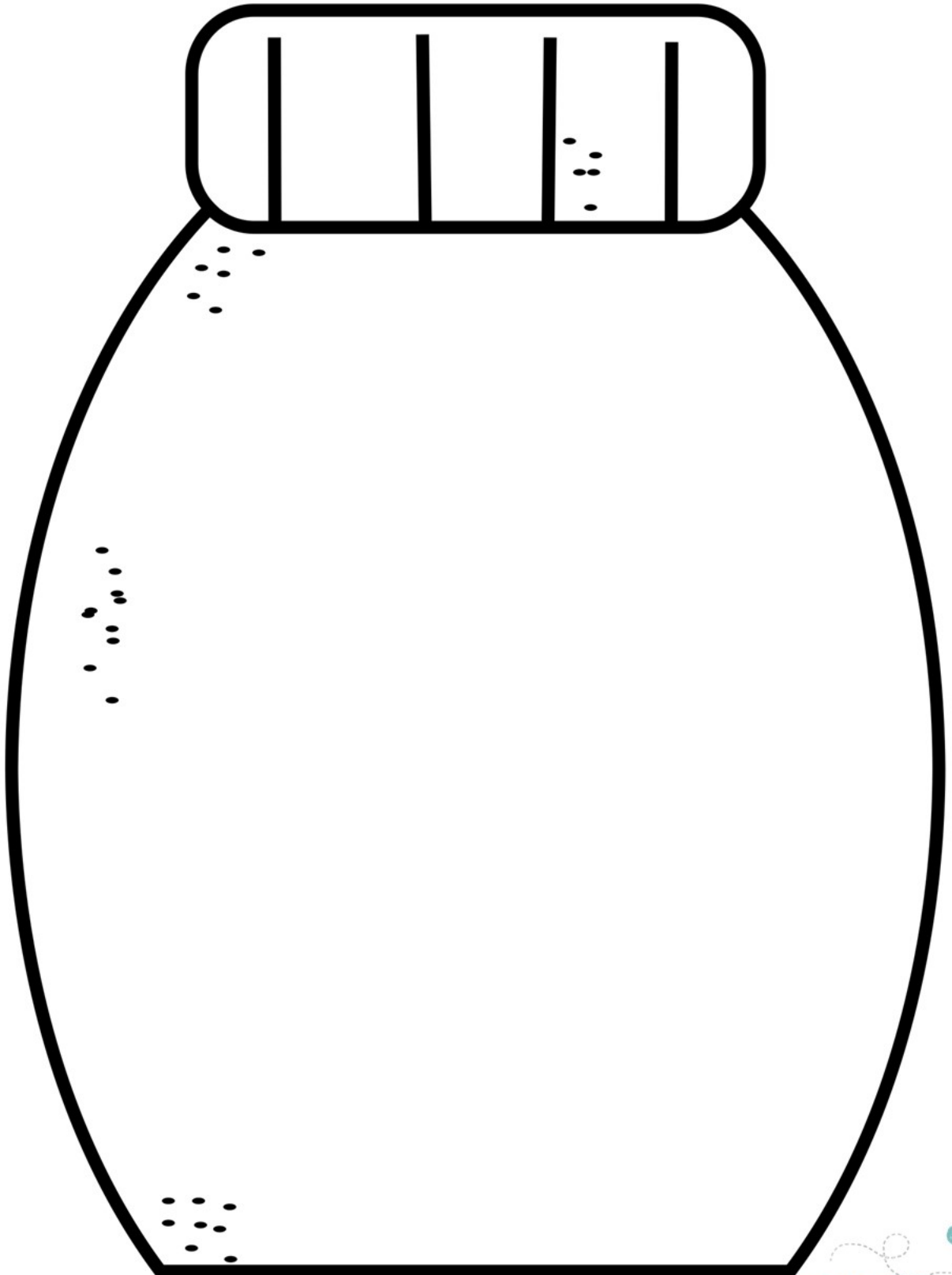
# JAR OF HAPPINESS

Fill the jar with things that make you happy



# JAR OF TREATS

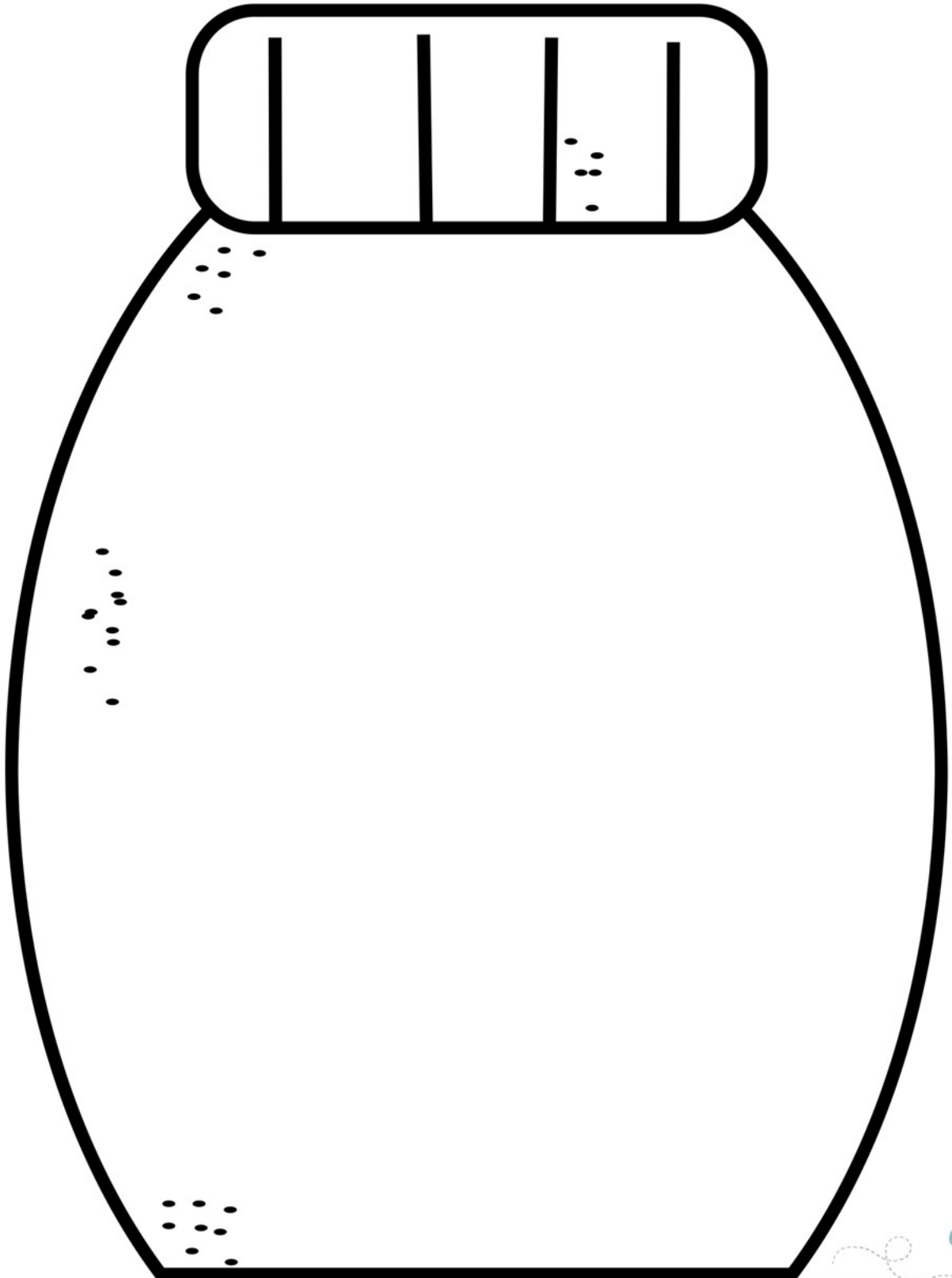
Fill the jar with things you can treat yourself with





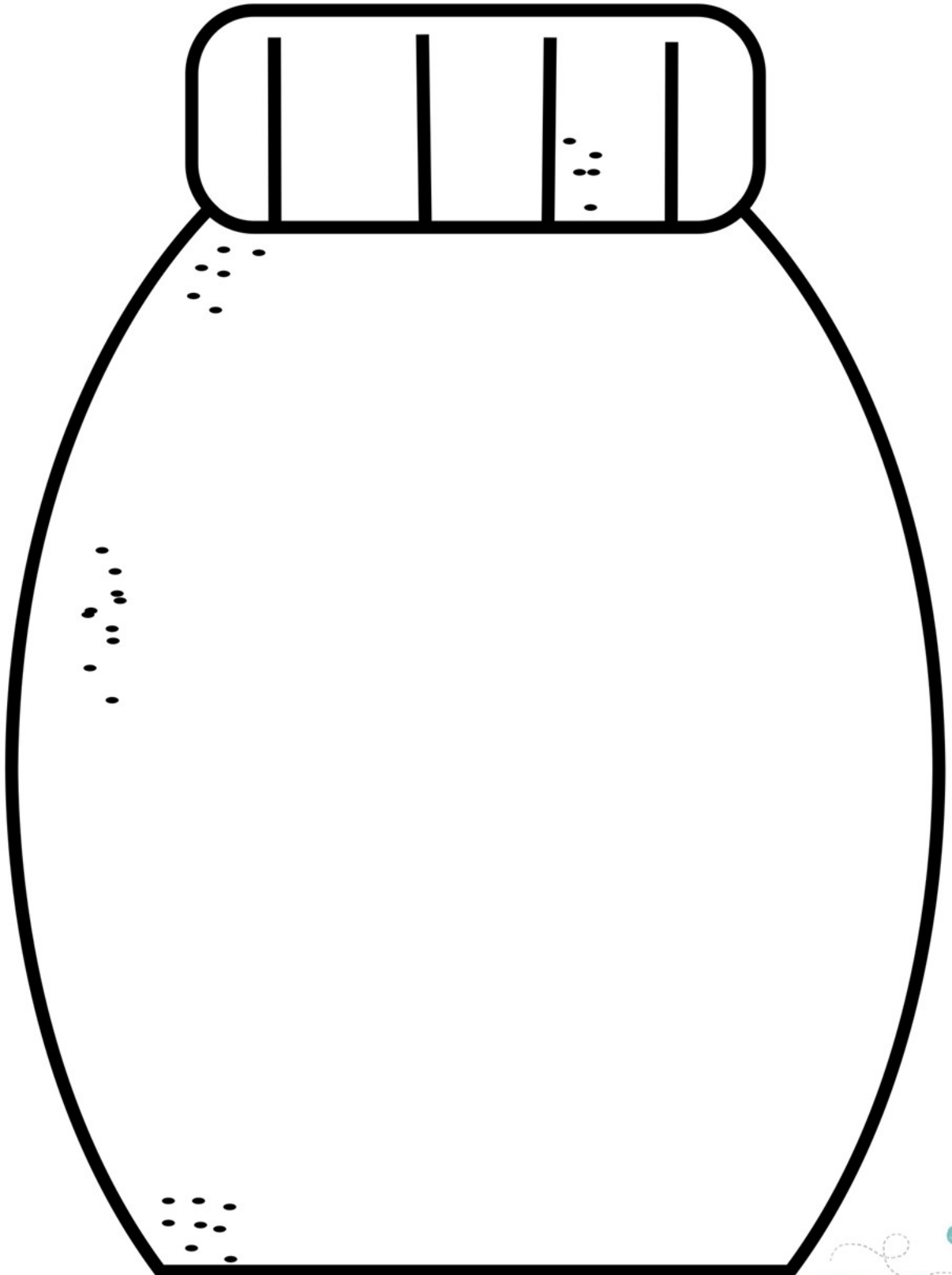
# JAR OF KINDNESS

Fill the jar with things you can do to be kind



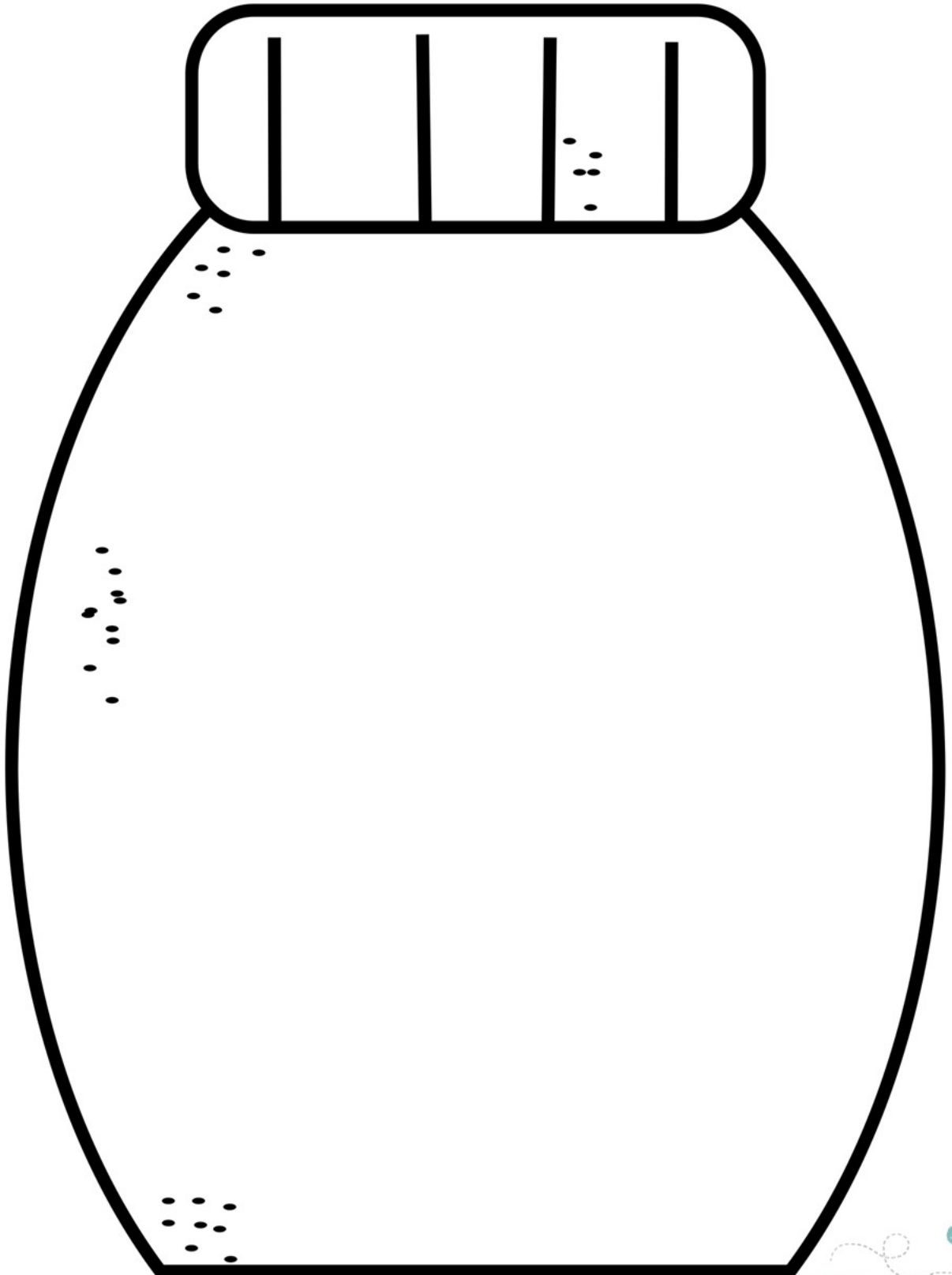
# JAR OF WORRIES

Fill the jar with things that worry you and make sure you put the lid on tight!



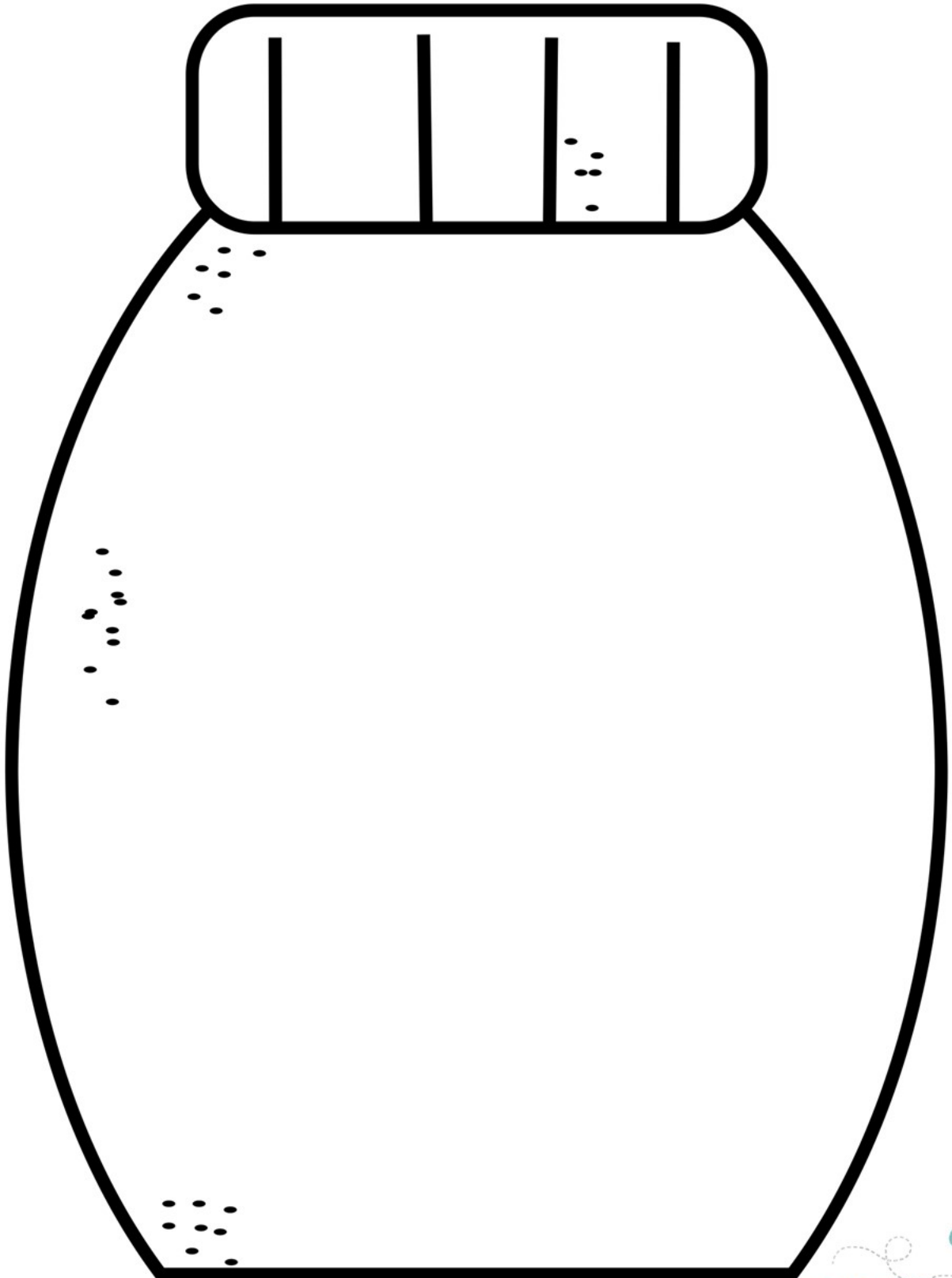
# JAR OF STRENGTHS AND TALENTS

Fill the jar with things you are good at



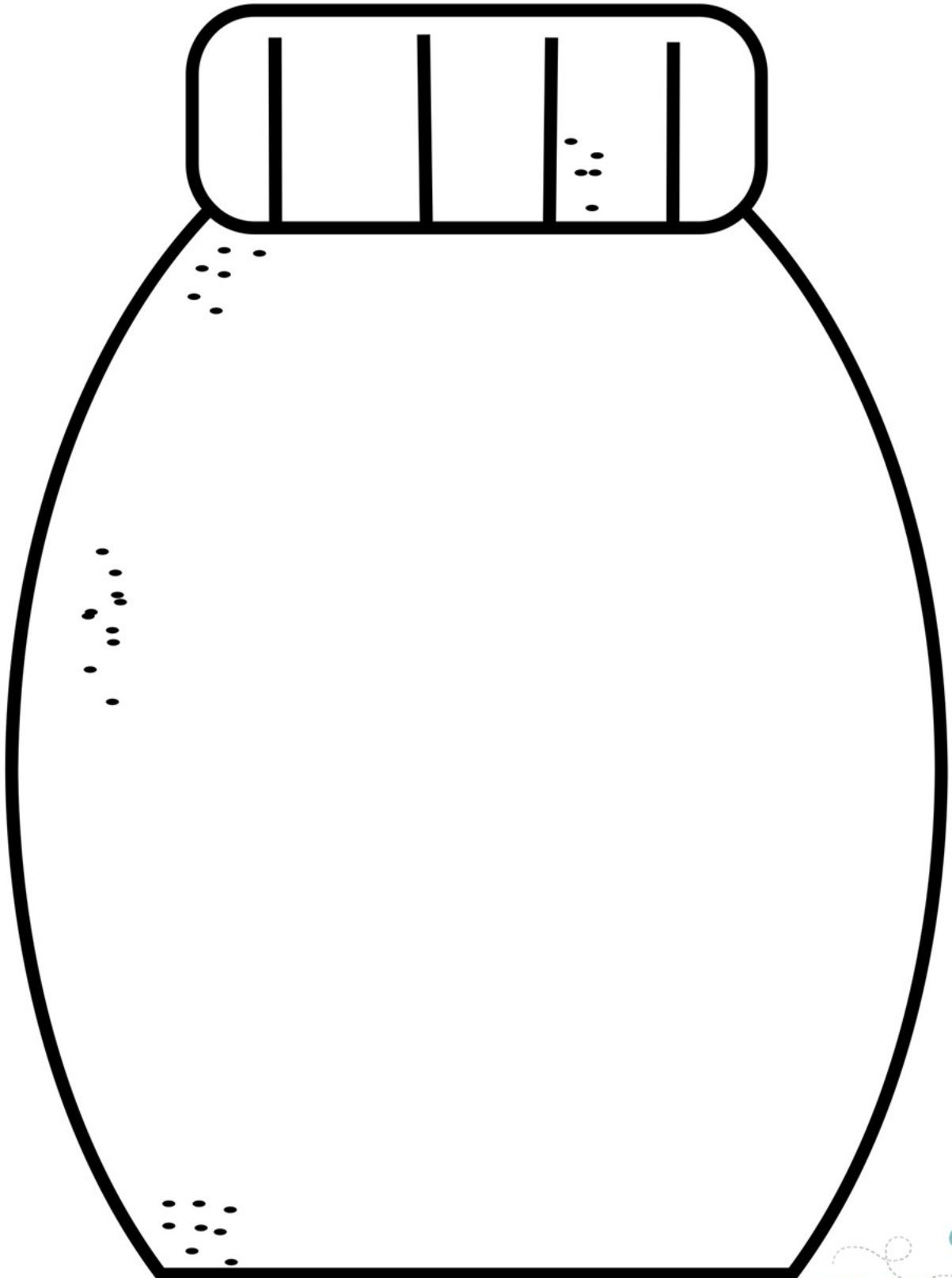
# JAR OF POSITIVE CHARACTERISTICS

Fill the jar with all the positive things about your character



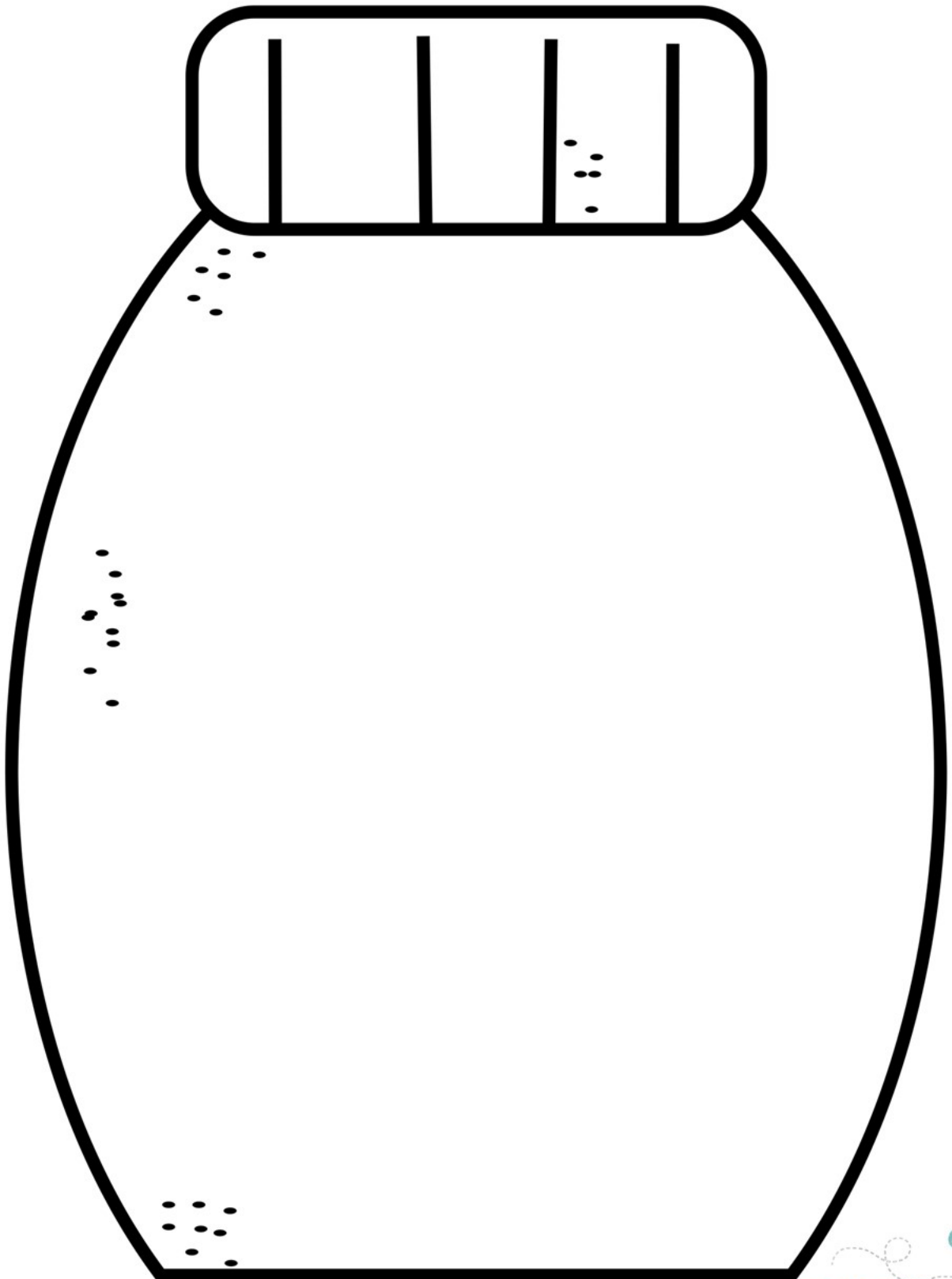
# JAR OF FEELINGS

Fill the jar with all the feelings you have right now



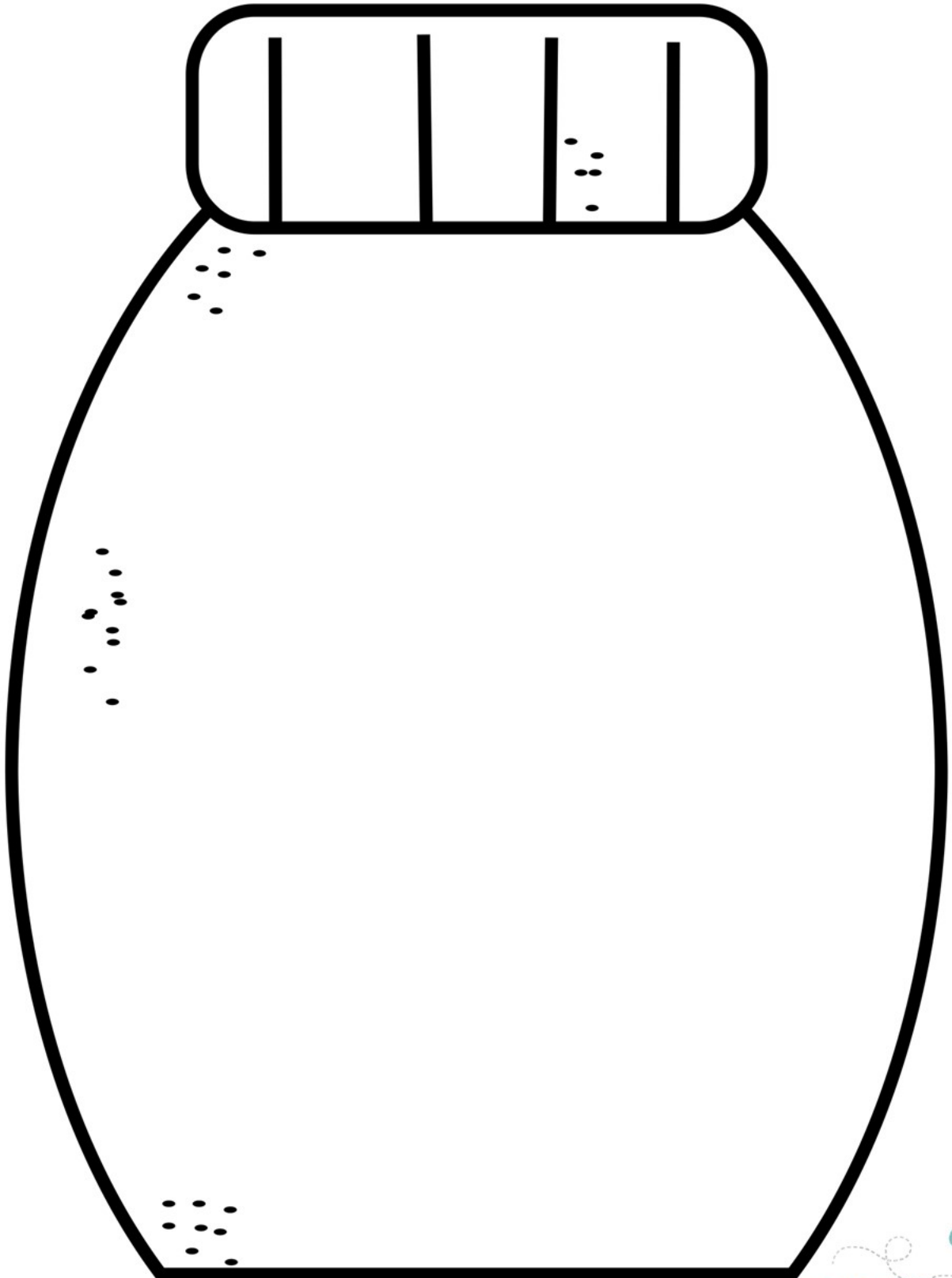
# JAR OF GRATITUDE

Fill the jar with all the things you are grateful for  
right now



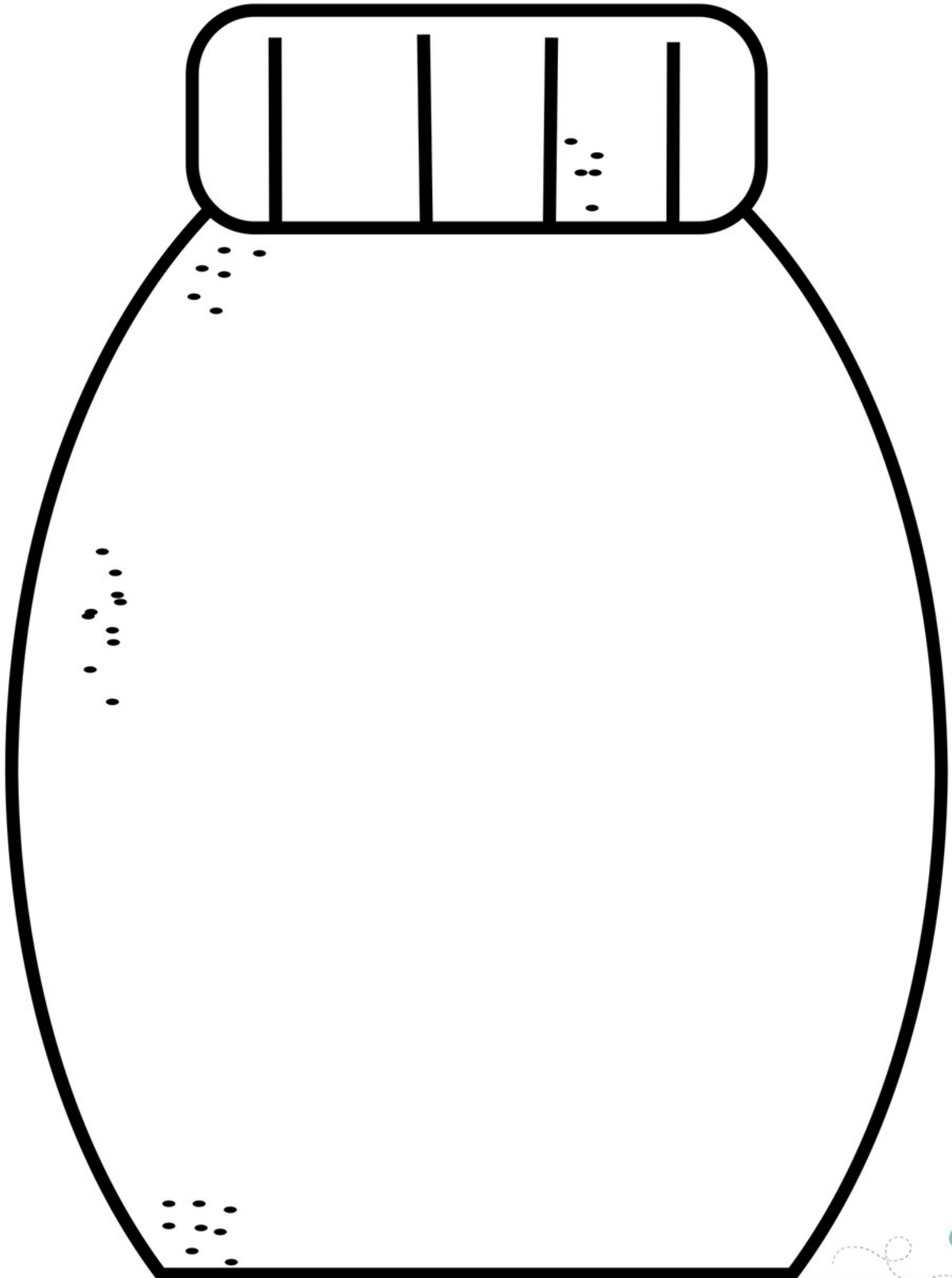
# JAR OF POSITIVITY

Fill the jar with all the positive things in your life  
right now



# JAR OF MEMORIES

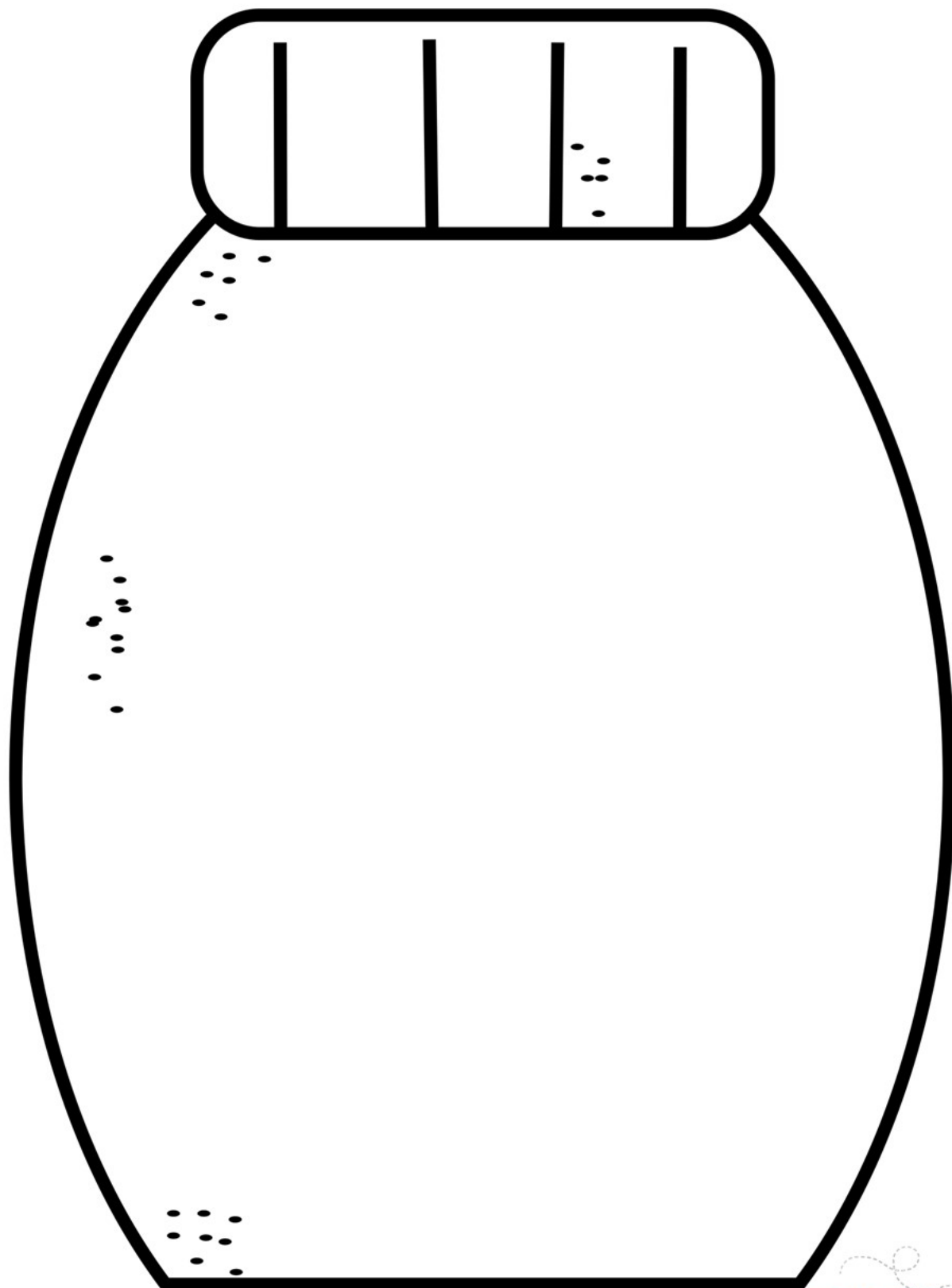
Fill the jar with all your positive memories from lockdown





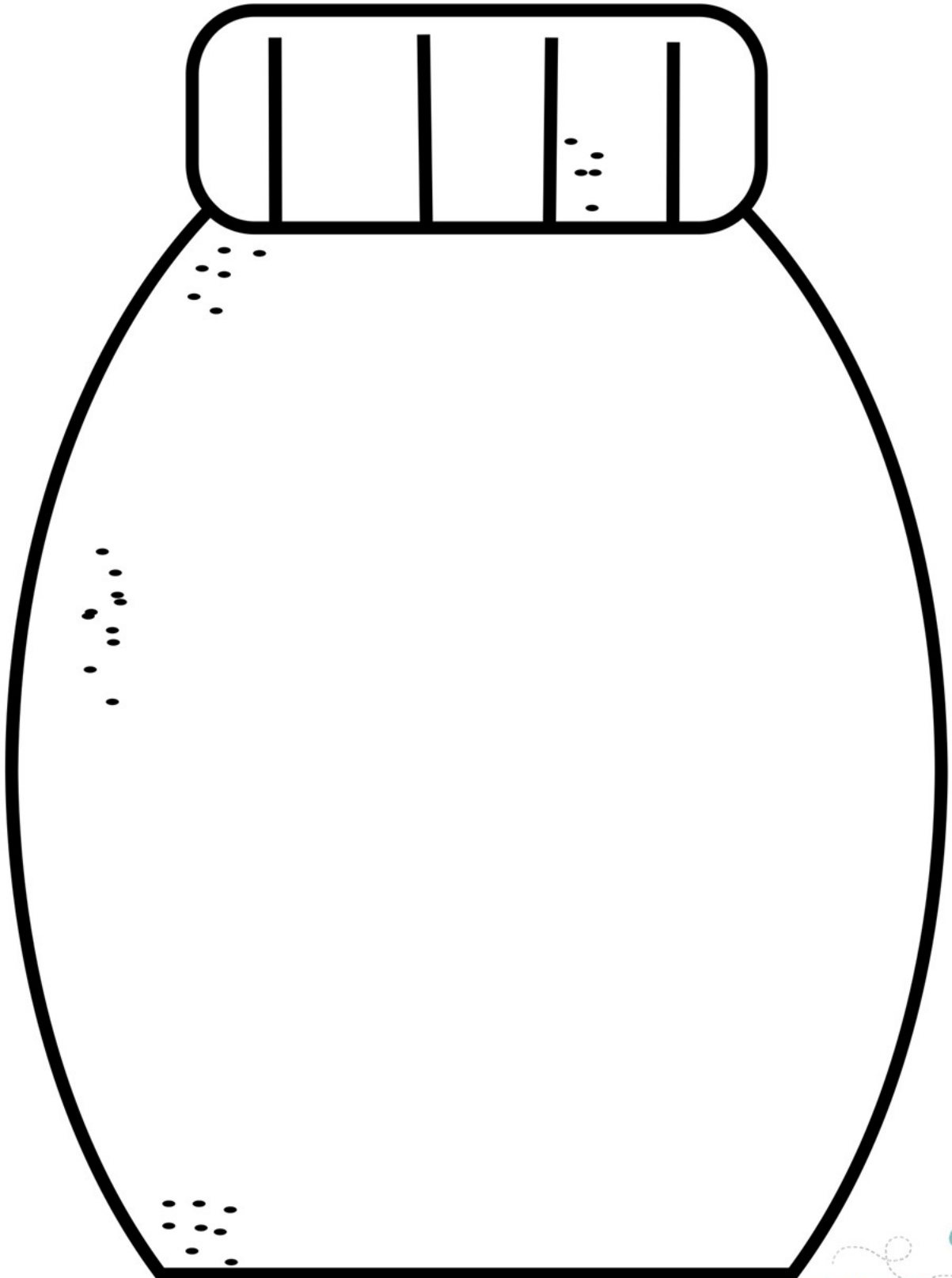
# JAR OF THINGS YOU WANT TO DO

Fill the jar with things you want to do after lockdown



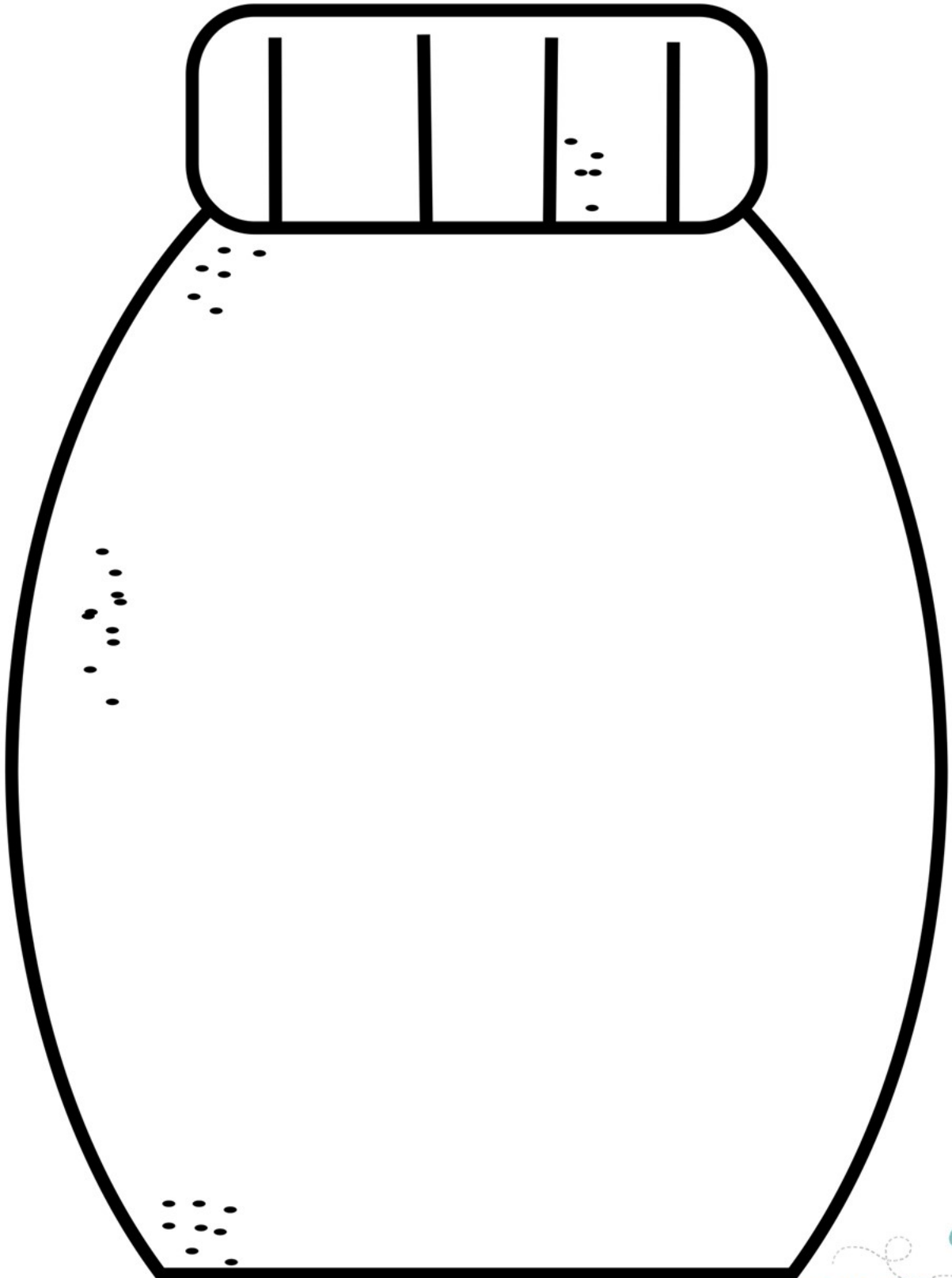
# JAR OF AFFIRMATIONS

Fill the jar with 'I am' messages



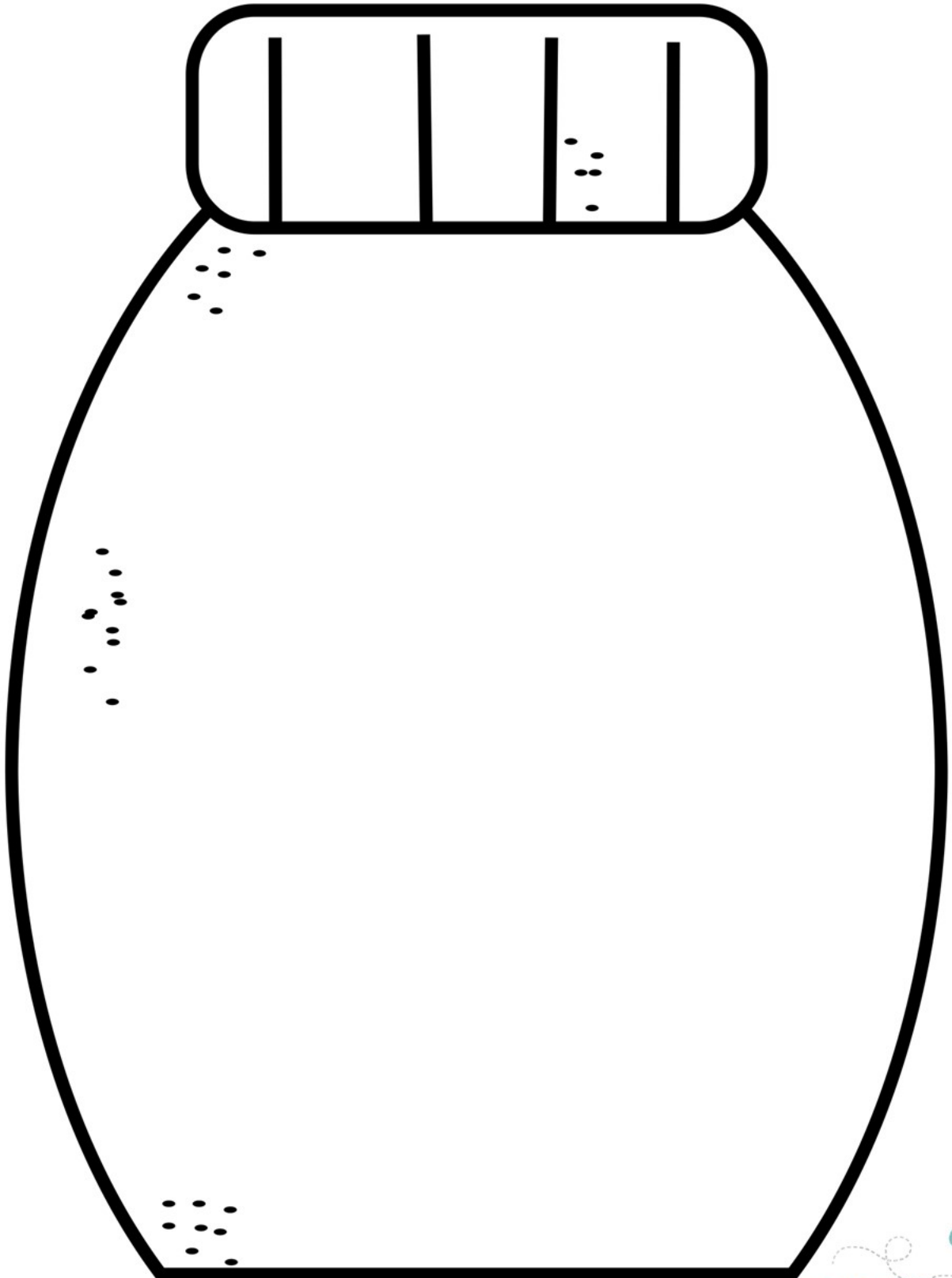
# JAR OF LOCKDOWN

Fill the jar with memories of lockdown



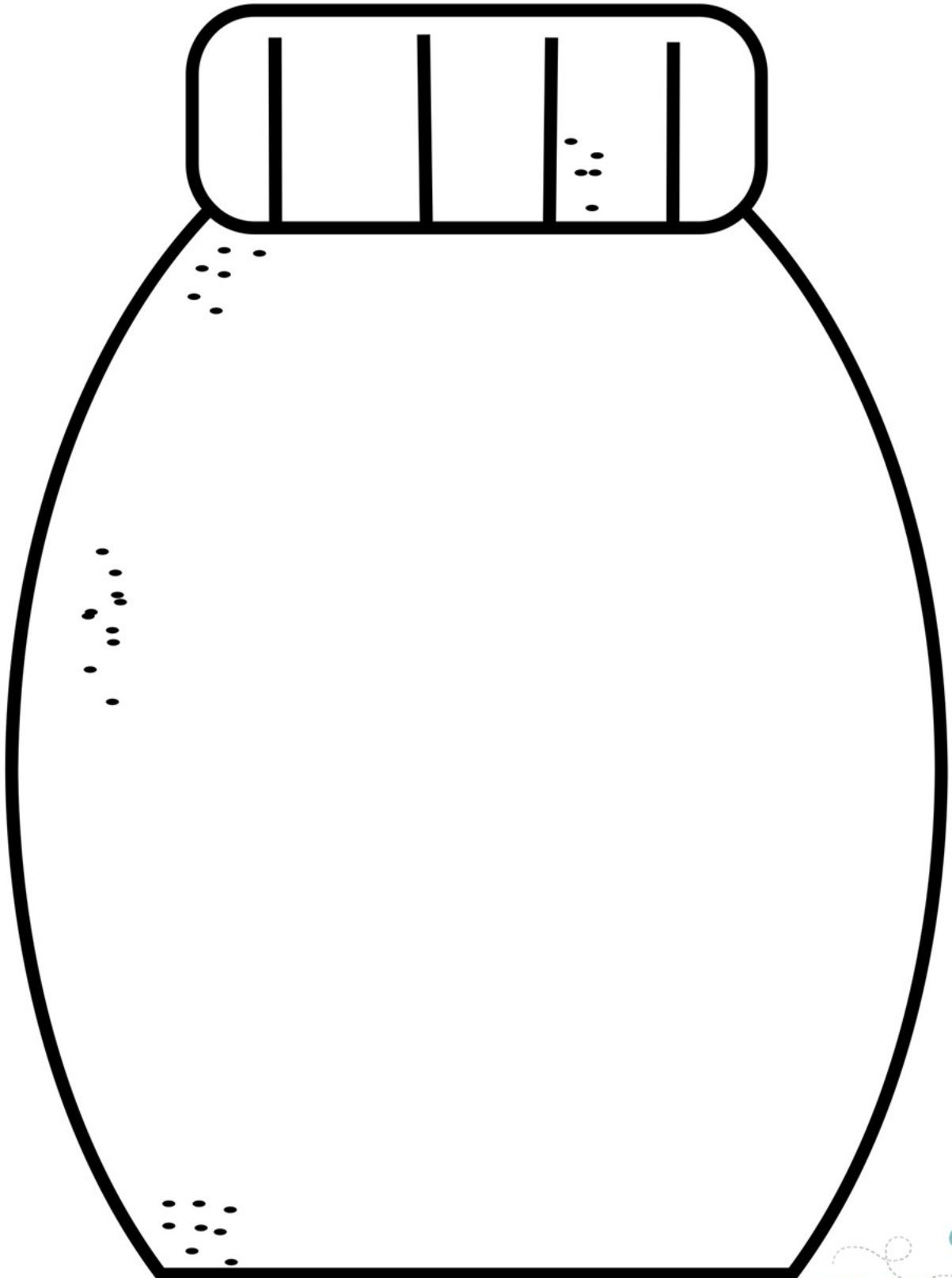
# JAR OF MINDFULNESS

Fill the jar with things that calm and relax you



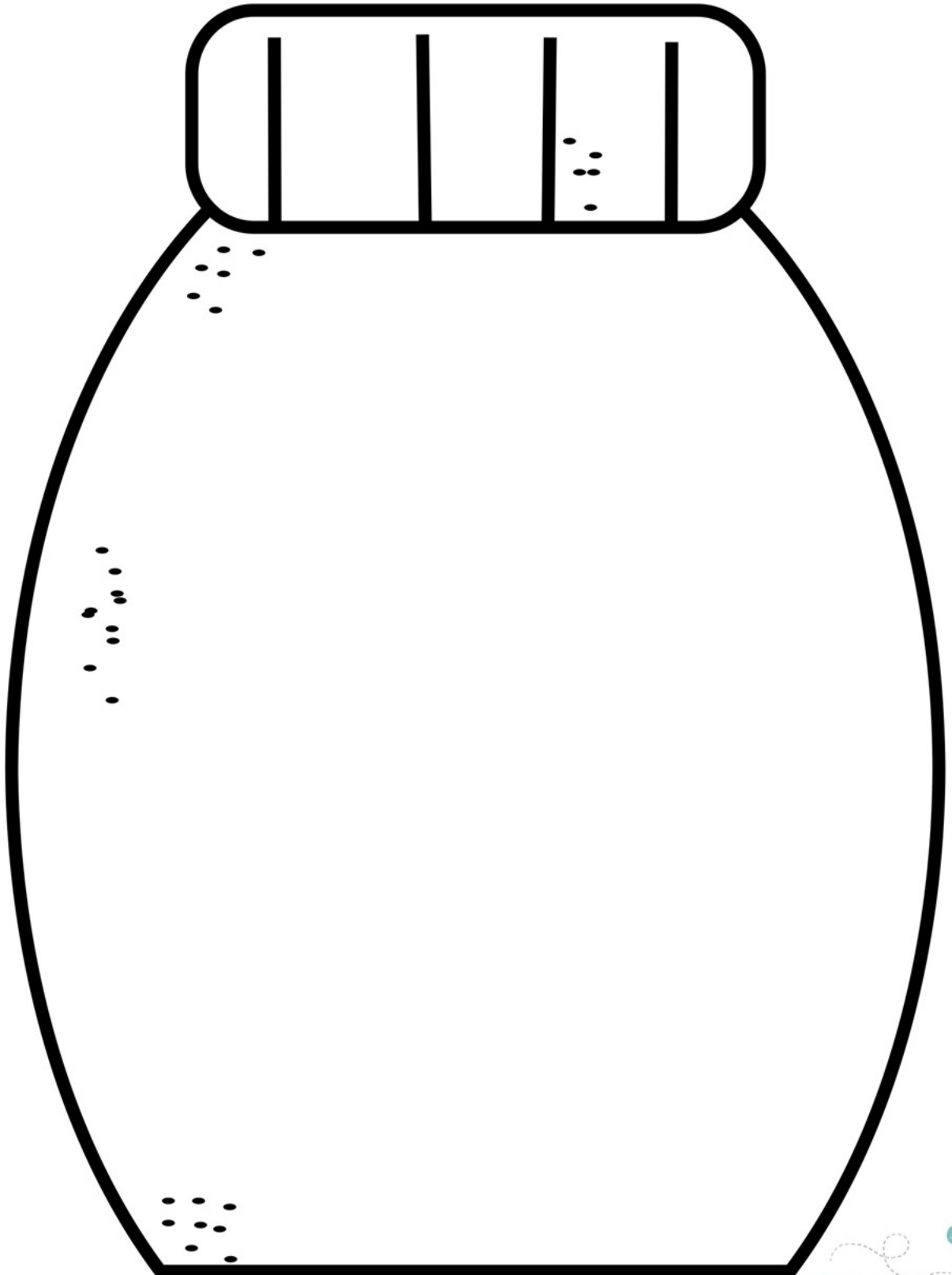
# JAR OF 'I CAN'

Fill the jar with things that you can do



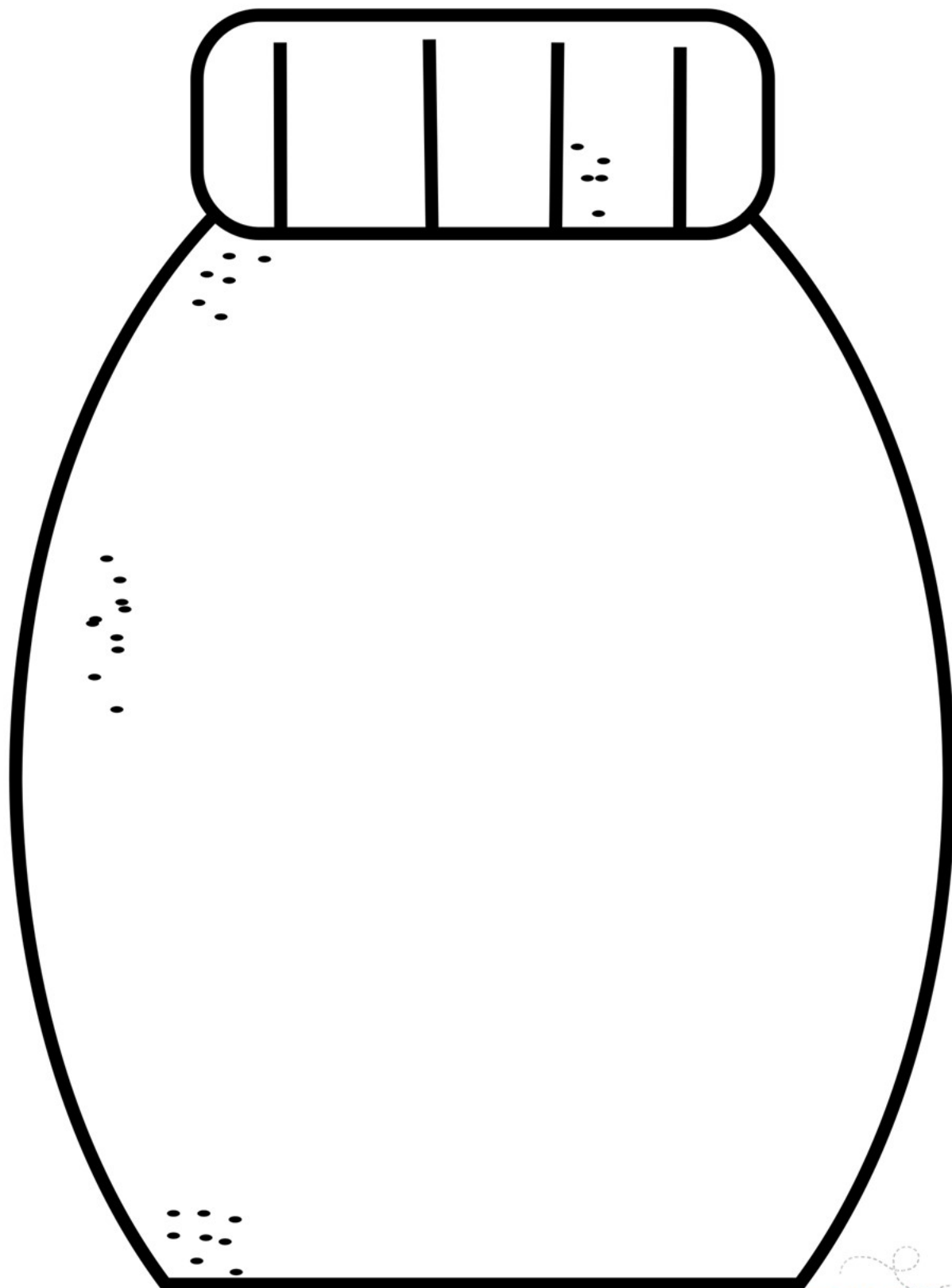
# JAR OF COMPLIMENTS

Fill the jar with compliments you have received



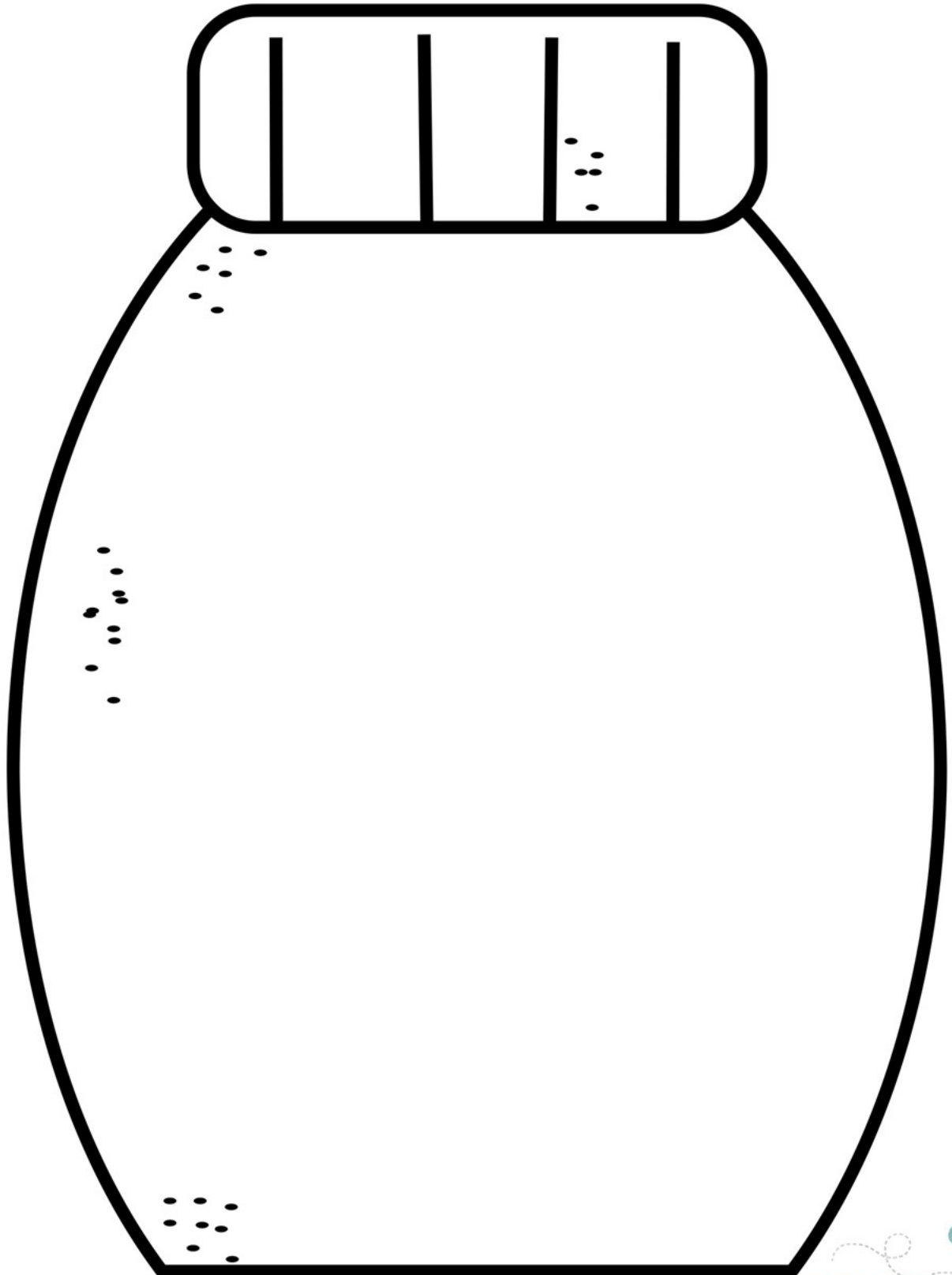
# JAR OF GOALS

Fill the jar with things you want to achieve



# JAR OF MAKING A DIFFERENCE

Fill the jar with things you have done that have made a difference





# JAR OF COURAGE

Fill the jar with things you have done that have been brave

