

Make a Positivity Jar

Sometimes our brains find it easier to focus on the negative things that are happening – it thinks about what is going wrong rather than what is going right! This is where a Positivity Jar can help. Use a Positivity Jar to remind yourself that there are good things in your life if your brain starts to think the worst.



You will need:

- A jar or container of any kind. It doesn't need a lid.
- Scraps of paper to write on. You can use plain white paper, patterned or coloured paper; so long as you can write on one side the choice is yours.
- Materials to decorate and label your jar (use pens, string, and card, or perhaps a sticker, for the label).

Instructions:

1. Gather your materials together.
2. On the scraps of paper, write positive things that you have happening in your life – these are your positive notes. You could write about something that you've done, heard, or seen. Also include things that you like about yourself and good things about the world around you – the things you are grateful for. You might also want to put photos of happy times or people you love in the jar too.
3. Fold the positive notes and put them into the jar. You are aiming for the jar to be half full.
4. Label and decorate your jar – if you make the jar into an object that you love you will be more likely to use it.

How to use the Positivity Jar:

1. Whenever something positive happens in your life, write a note about it and add it to the Positivity Jar. Try and add at least one note to the jar each day.
2. Whenever you feel unhappy or worried, take a note from the Positivity Jar and read it. This will help you remember that there are positive things in your life.

Remember, everyone feels negative, worried, or unhappy sometimes. We just don't want these feelings to get so big that they take over how you feel most of the time. By noticing the small positives in your life, your brain will start to see the positive side of any situation. Sometimes, things that go wrong can be opportunities in disguise!