

# Jar of joy!

Use your jar of joy to spread joy for yourself or for your loved ones. If you or they ever feel sad, this will help you to find the joy!



All you need is a clean jar (make sure you ask a grown up first!). You may decide to decorate your jar- send us pictures of your jars once they are done!!

We have given you some slips with joyful statements written on them and some blank ones for you to fill out yourself! You may ask who you live with to write something about you that makes you feel joy. Once they are done, cut them out and pop them in your jar of joy!

Whenever you feel sad, have a look at the jar. It is there to remind you have WONDERFUL and AMAZING you are!

I am kind.	I am a good friend.	I can do anything I set my mind to.	I am brave.
I am in control of myself.	I am loved.	I am fun to be around!	I give brilliant hugs!!



@yourgreymatters



@your\_grey\_matters



@yourgreymatter1



info@yourgreymatters.co.uk



www.yourgreymatters.co.uk