

Health & Wellbeing Family Challenge

Over the coming weeks whilst at home you could design a 'Gratitude jar' to place notes in for the following;



- I am grateful for.....
- I would like to
- People I would like to visit are
- Places I would like to go.....
- I am thankful for

It can be absolutely anything; you might even want to use different colours for different things. It's entirely up to you.

Then when things start to come back to normal again we can select things from our jar to do or remind us of what we are grateful for!

Mrs Fairley has started one with Orange being things she is grateful for (her family and Bruno the dog!) and Green being things she would like to visit (School to see all of the Harrysmuir pupils soon!) 😊

Give it a try!

Equipment needed:

1 clear jar, tub or pot

Coloured paper or post it notes – gratitude slips

Decorations to decorate your jar with (ribbons, stickers, labels)

Post your Gratitude Jar pictures in Teams or email them into the School email address wlharrysmuir-ps@westlothian.org.uk

FAO: Mrs Fairley.

Have fun everyone 😊