My Courage Jar

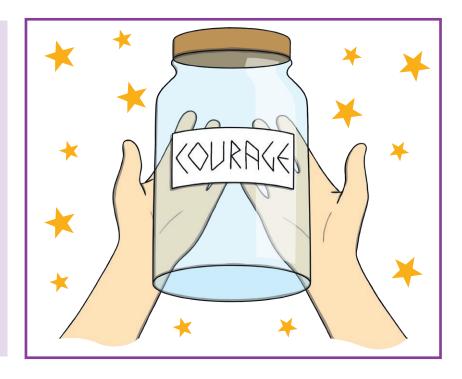
Why not make your own jar of courage like Milton?

You will need:

An empty, clean jar

Resources to decorate your jar, such as stickers, tissue paper, ribbons, pom-poms, paint etc.

Glue



Instructions

- 1. Take your empty jar and decorate it with anything you like. Make it bright and colourful! You could use stickers, tissue paper, pom-poms or ribbons. You could even paint it!
- 2. You might like to label your jar, 'My Courage Jar.'
- 3. Each time you do something courageous, write it on a piece of paper and put it in your courage jar.
- 4. At the end of the week or month, empty out the jar to see just how wonderfully courageous you are!

