

JAR OF GRATITUDE

Creativity applied to loneliness (Activity 7/12)

DESCRIPTION

A remarkably easy exercise that can have a big impact on your wellbeing and attitude is keeping a gratitude jar.

OBJECTIVES

1. Develop the sense of gratitude by helping people discover the reasons they are grateful for
2. Create a habit of being thankful for the small things in life
3. Reduce other negative feelings like loneliness

RESOURCES AND MATERIALS

1. A jar (a box will also do)
2. Ribbon
3. Stickers
4. Glitter, or whatever else you want to decorate the jar with, paper, a pen, or pencil, and appreciation

IMPLEMENTATION - INSTRUCTION

Step 1: Find a jar or a box.

Step 2: Add any decorations you like to the jar. You can add stickers to the sides, paint the jar, leave it simple, wrap a ribbon around the neck, make it sparkle with transparent glue and glitter, or do anything else you can think of to make it attractive.

Step 3: The most crucial phase that will be carried out each day. Throughout the day, consider at least three things for which you are thankful. It might be as simple as a cup of coffee at your favorite spot or as magnificent as the love of a special friend or partner. Do this every day, write down what you are grateful for on little slips of paper and fill the jar.

POSSIBLE MODIFICATIONS

To extend this activity, several jars can be used, each one of them for a specific area, for example: One jar for people that you are grateful for, one jar for moments that you are grateful for etc.

EXPECTED RESULTS

The elderly will eventually discover that they have a jar full of several causes to be grateful for and there are a lot of reasons to appreciate the life you are living. Additionally, it will promote the habit of showing gratitude. Take a few notes out of the jar if you need a short boost of motivation or are feeling particularly depressed and need a reminder of your blessings.