

My life in a Jar

Crafts | Storytelling



ConnectABILITY.ca

WHAT MAKES IT MEANINGFUL

By writing (or drawing) memories, affirmations or things that make you happy and putting them in a jar, it can be used as a tool to come back to when you are feeling down. It helps to regulate emotion and allows you to reflect on what you love most in life.

TIME

- 30-45 minutes (and can be added to over time)

MATERIALS

- A clean jar or container
- Paper or pre-cut slips
- Pens, markers, or coloured pencils
- Optional: stickers

INSTRUCTIONS

1. Decorate your jar however you like — If it is a clear jar, you can colour visuals on it with markers or add stickers to it.
2. If you do not have pre-cut slips, take some sheets of paper and cut some small slips of paper (however many you want)
3. On each slip, write or draw something meaningful:
 - a. a happy memory



My life in a jar

- b. a goal or dream
 - c. a compliment to yourself
 - d. something you are grateful for
4. On each slip, you can decorate it how you would like with coloured pencils or stickers
 5. Fold each note and place them in the jar.
 6. You can also add some of your favourite souvenirs to the jar (keychains, seashells, a lucky rock etc)
 7. Keep the jar somewhere safe and whenever you feel low, open the jar and read a few!

SUPPORTS NEEDED

- Depending on the individual's level of support may vary. Feel free to ask a friend or guardian for help writing on the slips (you can tell them what you would like them to write on each slip).