

Positivity Jar

This jar can be filled with positive words, comments or affirmations. The purpose of the jar is to use it whenever you are feeling sad and need to remember all the positive things about yourself.

A number of example slips have already been made that you can put in your jar. However, please try and think of all the positives about yourself and complete some of the blank slips provided.

You can use a jam jar, a coffee jar or a large glass storage jar. Feel free to decorate the jar however you wish. You could wrap the jar in paper, use paints or add accessories to it, such as ribbon, stickers and pom-poms.

The jar needs to be personal to you and make you feel happy when you look at it. Take your time decorating your jar and then decide what slips you are going to put in it.

The adult you are with may have some positive slips that they want to complete about you as well. These can all be added to your jar.

Once you have completed your jar, try to look at it every day for a few minutes and remember how special and positive you are as a person.

You could even give a jar to a special person. The jar could contain all the positive, special qualities that you love about them. Just reading the positive comments will help them to feel more positive.



I am
magnificent.

I am a
great friend.

I can forgive.

I am loyal.

I am brave.

I can be who I
want to be.

I am talented.

I am a
good listener.

I am funny.

I can and I will.

I am
courageous.

I am a
good friend.

I can be
anything I
want to be.

I am
confident.

I am awesome.

I am in control
of my own
behaviour.

I am kind.