

Memory Jar



The Memory Jar is a great way to store your happy memories in a safe place and be reminded of them during times you're feeling sad or low. You may like to save them all and open it at the end of the year or open the jar whenever you need cheered up. Whenever you or your family remember something special and have something that makes you feel happy, write it down and put it in your memory jar.



Benefits

Keeping a record of happy moments can provide more happiness when you look back at them later. It's good and uplifting to reminisce, but the mere act of taking the time to write down a happy moment makes you happy there and then, too. Happy memories can generate positive emotions and help ease mental health problems, such as anxiety or depression. Focusing on the positives rather than negatives can be very good for mental well-being.

Materials

- One jar or tub with a lid
- Card cut into pieces
- Colour pens
- Label
- Glue or Pritt-stick
- Stickers

Instructions

1. Write lots of different happy memories or things that have made you feel good on pieces of card.
2. Fold them up and put them in the jar.
3. Print off and cut out the undernoted label and add your name to it, stick it on the front of the jar.
4. Cover the jar with brightly coloured stickers!
5. Fill it up, to be opened when you're ready.



Remember to share photos of your personalised jars with us:



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