

## FEELINGS INSPECTORS RESOURCE

### Self Care

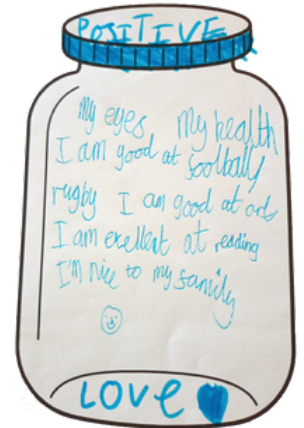
# Positivity Jars

## About this activity

This activity reminds children of their positive qualities and good things happening in their lives.

## What do we need?

- Paper and pens.
- either use recycled glass food jars, ask the children to draw jars, or download a printable online jar template. One 'jar' per child.
- If drawing on the glass jars, acrylic pens will work best.



“

Adding things to the jar that you are good at, and seeing them all, makes you feel good about yourself

”



## Check-in

At Children's Parliament, we start every session with a check-in. Children love these short activities, and they are a vital piece of our rights-based practice. Choose a check-in using our [Feelings Inspectors Check-in Kit](#).

## Positivity Jars

### Instructions

Explain to the children that thinking of all the positive things in our lives can help with our mental health and wellbeing and help to combat negative thoughts. Reminding ourselves of all the positives in our lives is a way to be kind to ourselves.

Ask the children to think of all the positive things in their lives and all the positive things about themselves, then write them on the jar, or on pieces of paper to pop inside if using actual jars. Once the jars are full come together again to share everyone's positives and discuss why it is important to remember to be kind to ourselves.



If children are struggling to think of positives, ask them to split into pairs or small groups and remind each other of their positive qualities and the positive things in their lives. Quite often children think they do not have much to put in their jars, and then are surprised that they end up being full. Suggest that the children try to match future negative thoughts with a positive thought from their jars, and to try to remember all their positive qualities when they are feeling down on themselves. Does everyone notice that we all made up of lots of positive things rather than one perfect ideal?

### A mindful moment

At Children's Parliament, we end every session with a mindful moment to reflect on the session and wind-down. Choose a mindful moment using our [Feelings Inspectors Mindful Moment Kit](#).