

CREATE GRATITUDE SPACES IN YOUR HOME



How can we make gratitude part of a daily routine or ritual in our home?

Choose one (or both) of the two activities below, to make gratitude present.



JOINT GRATITUDE JAR

YOU WILL NEED: *A jar, permanent markers or stickers, strips of paper and pens.*

INSTRUCTIONS:

- Find an unused jar and decorate it or label it with Gratitude or תודה - Thank You!
- Leave strips of paper and pens next to it, with instructions for members of the household to write down things they are grateful for, to others in the home and put them in the jar.
- Place the jar and strips in a central location.
- Define a regular time to empty the jar and read out the gratitude notes to each other (this could be during a meal time, before going to sleep at night, during Shabbat dinner, etc).



POST-IT WALK OF THANKS

YOU WILL NEED: *Post-it notes and pens.*

INSTRUCTIONS:

- Using a pack of post-it notes, explore your living space, identifying things, people and actions you are grateful for.
- Write a small reflection and stick it on the place that represents it.
- This can be done both as a way of expressing gratitude towards others in your home, or, if you live alone, as a reminder to yourself of what you're grateful for in your life.
- Leave them up as visual reminders for all you have to be thankful for.