

Children's University Club Challenge:

Jar of Joy!

At the Children's University we have a Jar of Joy. This is a place where we can regularly add all the things that we have done that have made us proud and/or the things we are most grateful for at that time.



We think it's a really good time for you and your family to start your own jar of joy and reflect on the positive parts of your day. The aim is that you write something down that you are proud of or grateful for and add it to the jar every day or once a week. It can be absolutely anything, nothing is too small, or too big!

You will need:

- An empty jar or tin
- Some small pieces of paper and a pen

Step 1: Decorate your jar - we recommend lots of colour, and stickers if you have them!

Step 2: Write your daily/weekly joy on a piece of paper and encourage your family to do the same. You could share what you wrote, or keep it a secret!

Pick a time when everyone who has been adding to the jar can sit down and read through everyone's joyous/proud or happy moments to make you smile!

You can earn 1 CU Credit for completing this challenge. To claim your credit, please complete your CU Club Challenge Reflection Diary. Finally: Add the Learning Stamp to your Digital Dashboard once you receive it from your school.

