

SUPERSTAR JAR

A family superstar jar is a great way to promote family time, teach each other kindness, boost self-esteem, and practice positivity and happiness. Through activities like this, we can teach children that being kind and happy is not only beneficial to others, but to ourselves, as well! Together with our families, let's see how many acts of kindness and positive memorable moments happen in our households!

What you will need:

- Writing utensil
- Paper
- Empty jar

How it works:

- Cut up paper and grab a writing utensil that can be left near an empty jar of your family's choice.
- Every time someone in your home performs an act of kindness, does something silly that catches your attention or makes you laugh, write it on a piece of paper and put it in the jar. The activity is meant to be anonymous so don't acknowledge who did the act of kindness.
- At the end of every day or every couple of days, sit down with your family and read the papers that were put in the jar.

