

middle school



ACTIVITY
GRATITUDE JAR

**Faith at
home**

middle school



Gratitude Jar Challenge

Goal:

Create a simple, ongoing habit that helps families recognize God's goodness together.

Overview:

Set up a "Gratitude Jar" in your kitchen or living room. For one week, every family member writes one thing they're thankful for each day, big or small, and adds it to the jar.

Instructions:

1. Find a jar, basket, or box and decorate it together
2. Each day, everyone adds one note of gratitude
3. At the end of the week, read them all together and spend time thanking God for what you all wrote down.

Faith Focus:

Gratitude helps shift our focus from what might be missing in our lives to what God has already provided. It helps students see God's hand more in everyday moments.

