



# THINGS TO LOOK FORWARD TO JAR

Use these craft instructions to create your own wellbeing jar. Having things to look forward to can make you feel happier and improve your wellbeing. Each time you think of something you would like to do in the future, write it on a piece of paper and place it inside your decorated jar.

## YOU WILL NEED:

- Glass or plastic jar
- Scissors
- Paintbrush
- White glue
- Sticky label or strip of paper
- Tissue paper or coloured paper
- Pencil
- Paper to record the things you are looking forward to

## INSTRUCTIONS:

1



Cut shapes out of the colourful paper or tissue paper.

4



Write a label for your jar. You could write 'Things to Look Forward To'.

2



Use the paintbrush to put some glue onto the jar.

5



You can use white glue to paint over the top of the shapes on your jar and the label. This will give it a nice, shiny effect.

3



Stick the paper shapes carefully onto the jar.

6



Once dry, your jar is ready to use. Write things that you are looking forward to on pieces of paper and place them into your decorated jar.