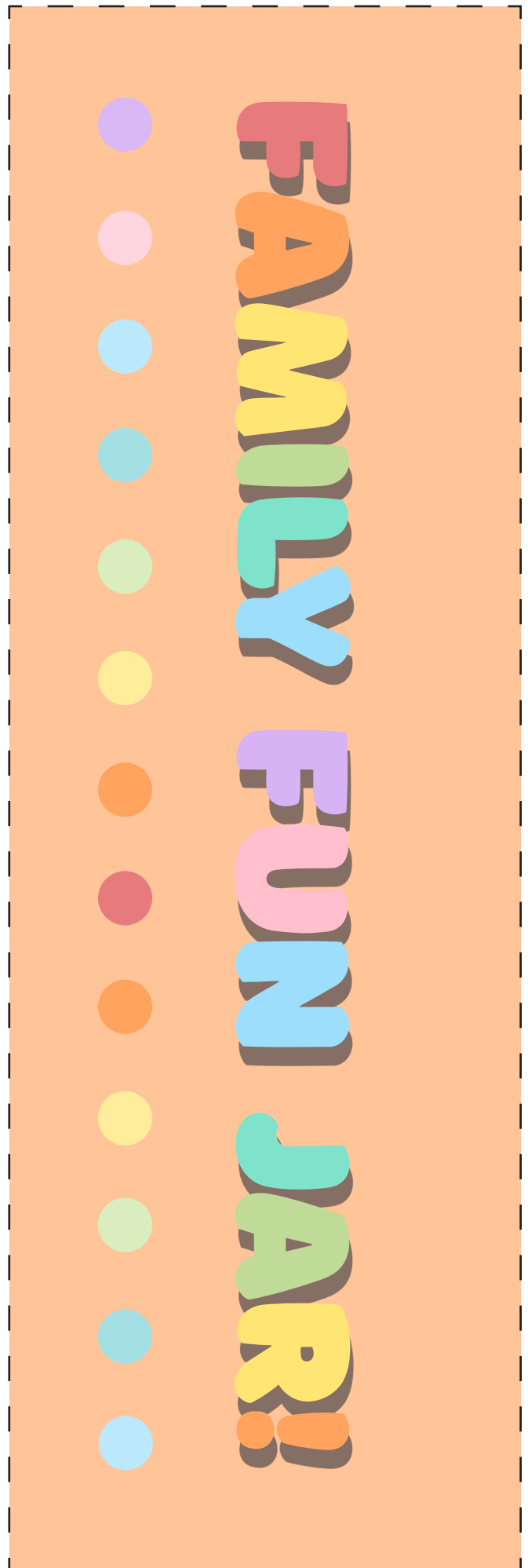
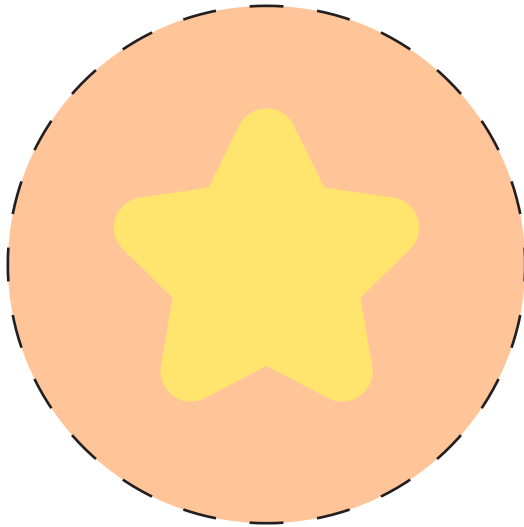


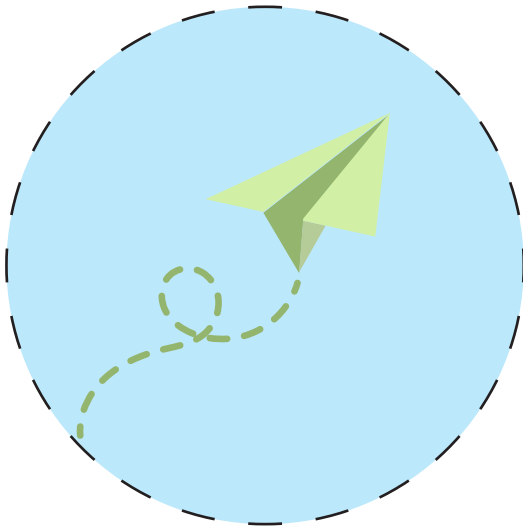
Create Your Own Family Fun Jar!

Cut out the labels and attach them to a jar or bowl to create your own Family Fun Jar! Talk with your family about things you like to do together, such as, go on a nature walk, visit a museum, try a new snack recipe, or play a board game! Write down your ideas on a small piece of paper and place them in the jar. Draw an idea from your jar whenever you're ready for a fun family activity!



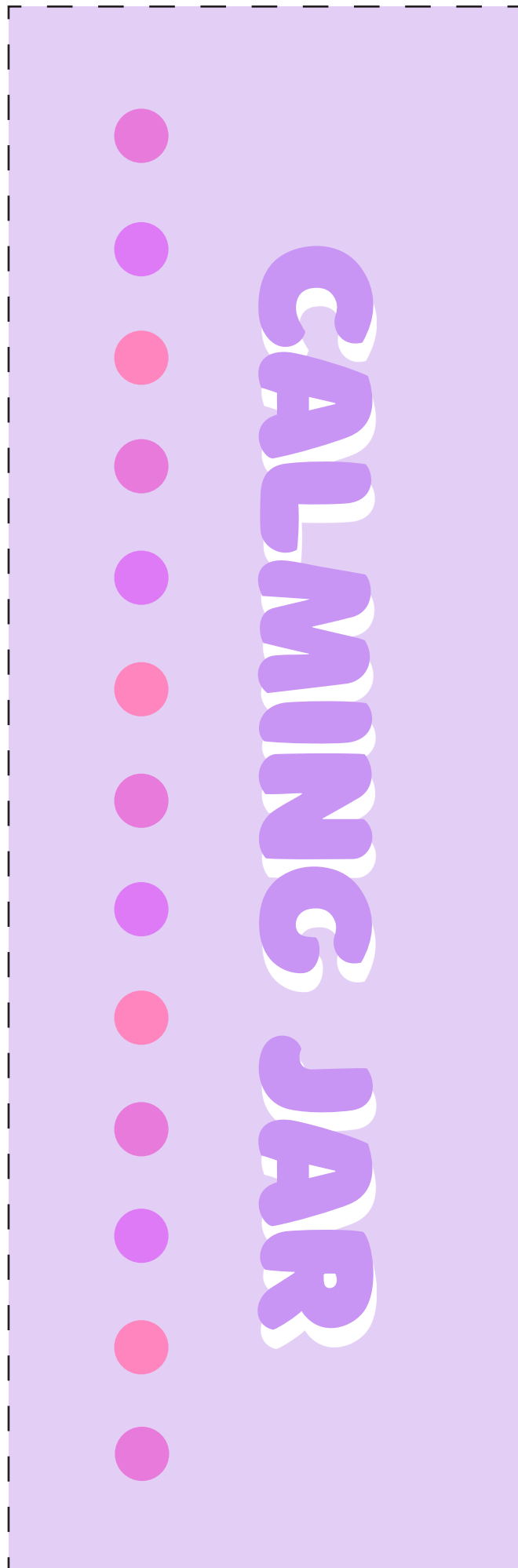
Create Your Own Adventure Jar!

Cut out the labels and attach them to a jar or bowl to create your own Adventure Jar! Think about adventures you would love to go on, like going camping or visiting a new park, and write them down on a small piece of paper and place them in the jar. Draw an idea from your jar whenever you're ready for an adventure!



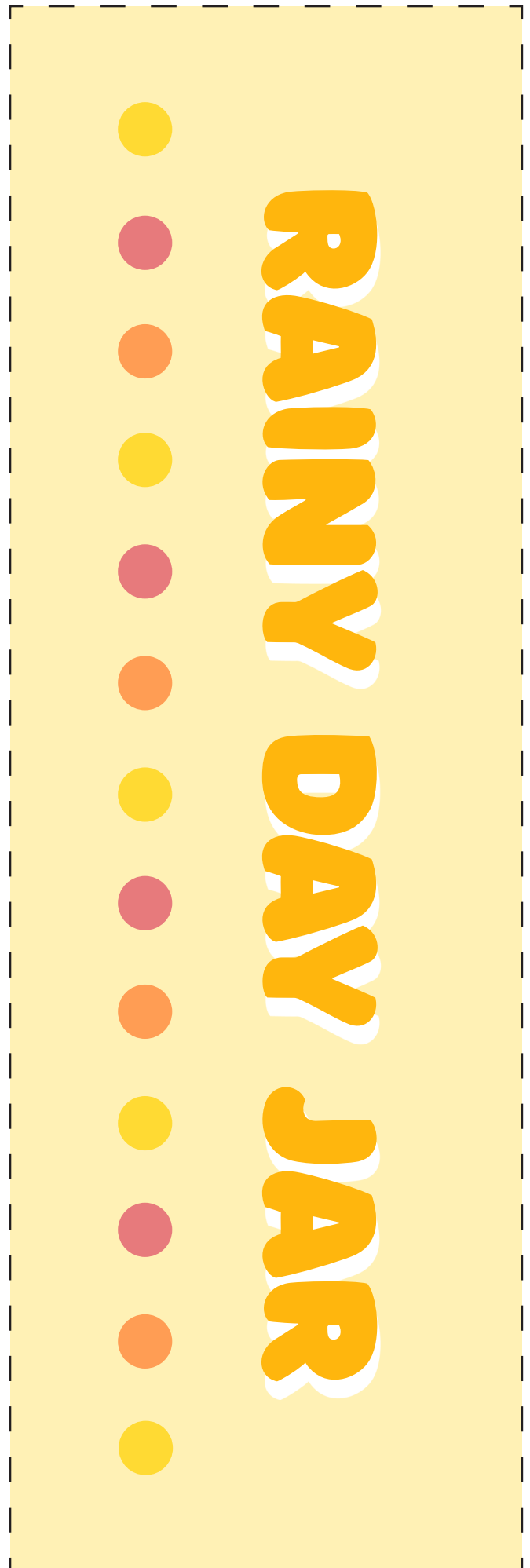
Create Your Own Calming Jar!

Cut out the labels and attach them to a jar or bowl to create your own Calming Jar! Think about relaxing activities and write them down on a small piece of paper and place them in the jar. Draw an idea from your jar whenever you want to take some time to relax!



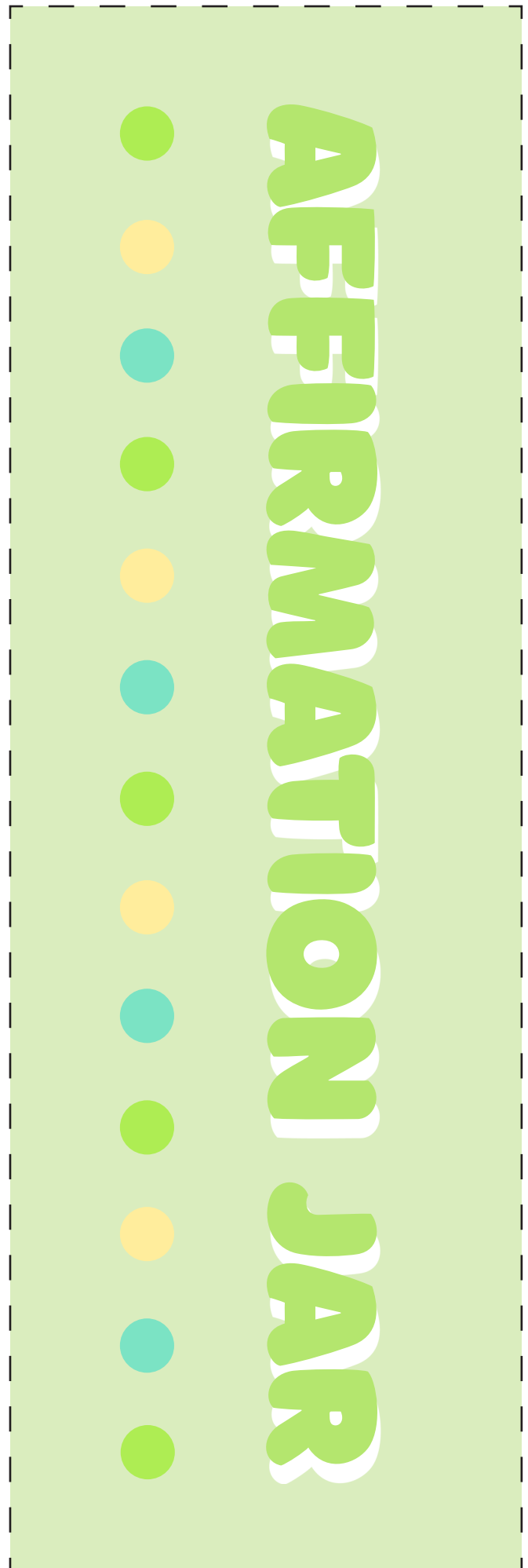
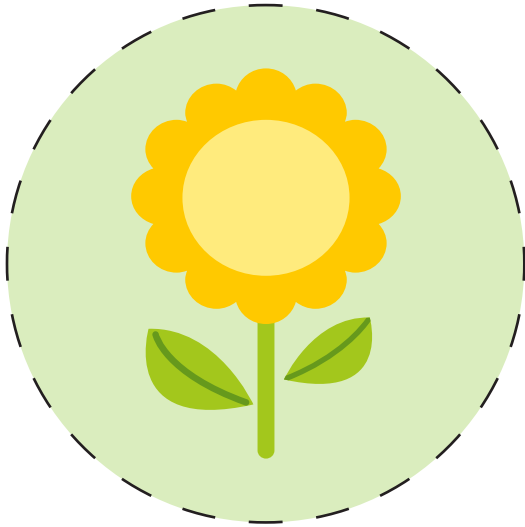
Create Your Own Rainy Day Jar!

Cut out the labels and attach them to a jar or bowl to create your own Rainy Day Jar! Think about activities that would be great to do on a rainy day and write them down on a small piece of paper and place them in the jar. Draw an idea from your jar whenever you have a rainy day!



Create Your Own Affirmation Jar!

Cut out the labels and attach them to a jar or bowl to create your own Affirmation Jar! Think about affirmations or quotes to get your day started on a positive note and write them down on a small piece of paper and place them in the jar. Draw an idea from your jar each morning or whenever you need a pick-me-up!



Cut out the ideas you like to get your jar started!



Bike Ride

Backyard Picnic

Go on a Hike

Indoor Scavenger Hunt

Do a Puzzle

Science Experiment

Make a New Recipe Together

Visit the Library

Go to a Park

Create an Obstacle Course

Color or Paint

Go Camping

Read a Book

Listen to Music

Today I Choose Happiness

Dream Big

My Words Have Power

Challenges Help Me Grow

I am Helpful

I am Brave

