

Making a Memory Jar

To make a family memory jar or a class memory jar:

- Find an old jam jar
- Use the memory prompts below and every time you have a special memory, write it down, fold it up and add it to your jar.
- At the end of the week or month, you can share your favourite memories with your family or class!

I felt happy when...

Date:

It was funny when...

Date:

I feel proud because...

Date:

I feel...

Date:

I am thankful because...

Date:

Date:

Today was challenging because...

Date:

Today was great because...

Date:

Today...

Date:

Today...

Date:

I feel...

Date:

I learned...

Date:

I enjoyed...

Date:

Date:

My favourite part of today...

Date:

Today was fun because...

Date:

Today...

Date:

Today...

Date:

It made me laugh when...

Date:

I loved...

Date:

I saw...

Date:

I helped...

Date:

I tried...

Date:

I read...

Date:

Today...

Date:

Today...

Date:

Today...

Date:

Today...

Date: