



Jar Of Hearts

How it works:

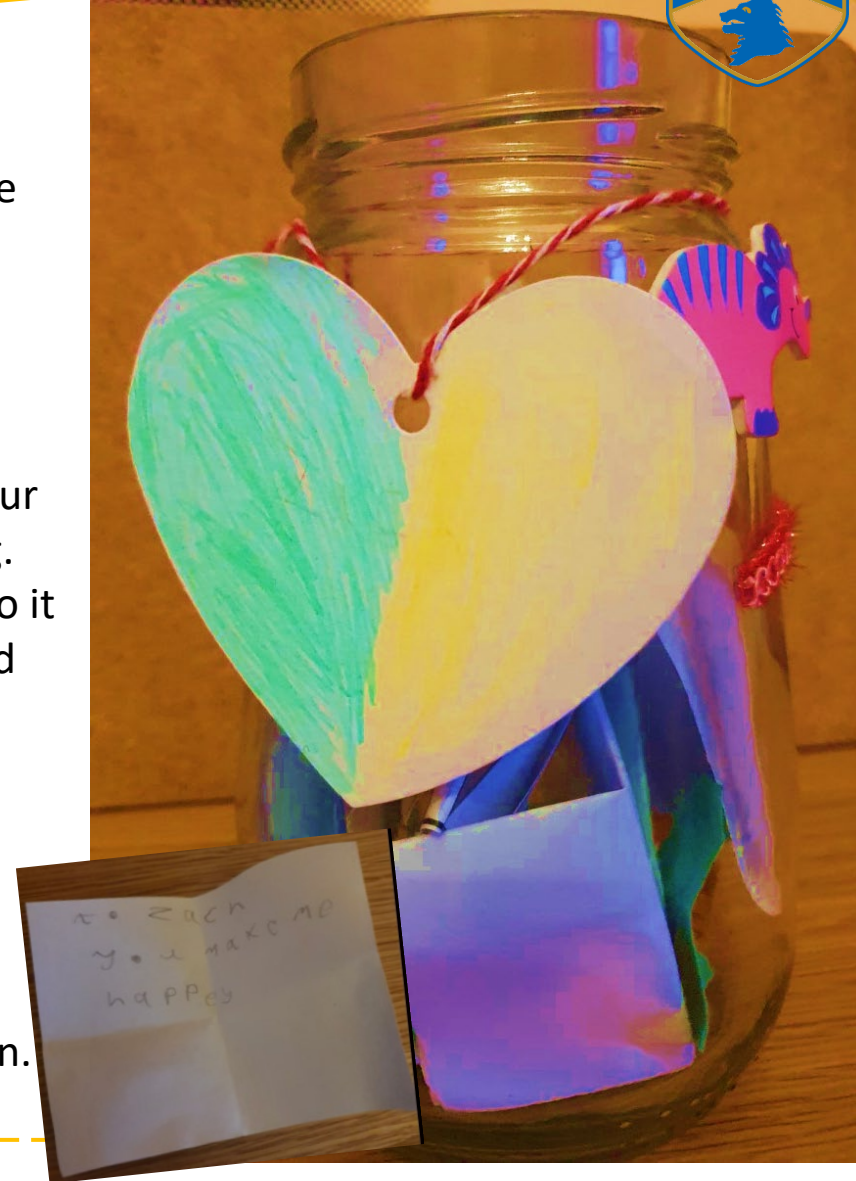
You decorate an old jam jar and fill it with bits of paper with nice messages about yourself or someone else. My son created this one in March at his primary school and filled it with things he really liked about himself.

How to do it?

- ✓ The simplest way is to draw a heart on a piece of paper, colour it in, cut it out, make a hole in it and tie it to a piece of string. Then tie the string in a knot around the neck of the jam jar so it stays fastened in place. If you are feeling ambitious you could go as far as decorating the jar with glitter etc.
- ✓ This is a really nice present to give other people, especially those who need a bit of TLC. The idea is that each piece of paper is like a mini hug.

Why should I do it?

Everyone needs a hug and a bit of positivity every now and again. My son pulls out a piece of paper every time he feels sad.



Recommended by: Mrs Beswick



Don't forget to share your progress on Teams 😊