

## Happiness/Random Acts of Kindness Jar Project



**Description:** Create a jar with a child in your life that encourages kind acts, positive attitudes, and being helpful. When it's full pick a local charity to donate the funds.

**Time to Complete:** 15-30 minutes

**Supplies Level:** Medium

**Tags:** Pre-K – 2<sup>nd</sup>, 3<sup>rd</sup>-5<sup>th</sup>, Self-Awareness, Kindness, Empathy, Developing Character

*When you are joyful, when you say yes to life and have fun and project positivity all around you, you become a sun in the center of every constellation, and people want to be near you.” – Shannon L. Alder*

### *Steps to Create Your Jar*



**Step 1:** Gather your supplies. You will need a tall cylinder jar or small vase, a small dish to hold coins, and decorations (stickers, paint markers, or other items that can adhere to glass). We recommend using individual foam letters to write “Happiness Jar” or “Random Acts of Kindness Jar”, or an inspirational quote on the front of the jar.

**Step 2:** Finish decorating the jar with your bright, happy supplies.

## *Using Your Happiness/Kindness Jar*



Empty your wallets and pants pockets of loose change. Put the coins into a small dish next to your jar. Explain to your kid(s) that when you notice them being kind, positive and/or helpful you will ask him or her to put a coin in the jar. They will take a coin from the small jar and put it into the larger jar that they decorated.



Pay attention, so when you hear or see a kind, happy, or helpful action or word you can ask him or her to put a coin in the jar.

When the jar is full, talk to your child(ren) about donating the money to a local charity. If you're having a hard time picking one, think of things your family is passionate about (kids, animals, the environment) and do a search for organizations supporting that cause in your community.



Once you have selected an organization, take your Jar to the bank and cash in your coins. Then deliver the funds to the charity you chose. If the organization is far away you can mail the donation with a home-made card.

You can start over with your jar and keep going! Another option is to pick a new theme for the jar. So, if you did a positive attitude jar, maybe this time it's a gratitude jar and you put coins in when you express gratitude or it's a random acts of kindness jar, so coins are awarded when you are kind. Make it your own and have fun!



***We'd love to know what you thought of this project. Be sure to go back to the project page on Inside Out Club @Home and leave a review!***

