

# Positive Memory Jar

## Instructions

1. Find a suitable jar or box with a lid.
2. Decorate the jar or box and make a label for it.
3. Start adding Positive Memories to your jar on small pieces of paper.
4. Add a new memory each time something funny, positive or great happens. These can be older memories too.
5. Whenever you need a boost you can empty your Positive Memory Jar and look at the things you have written down or look at the things in the jar. It will make you smile!




### Monkey's top tip.

You could add a special keepsake to your jar - a photograph, a recipe, a friendship bracelet, a painted stone, a joke, something you have achieved, an act of kindness or anything that is special to you!



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