

MENTAL HEALTH AWARENESS WEEK • 18-24 MAY 2020

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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