



## Joy Jar

Positivity at Your Fingertips!

**Goal:** As a family, think about happy memories, things, or people you are thankful for in your life and write your thoughts down on paper.

**[Tip]:** Store the memories in a jar and read them when you are having a bad day. Use these messages as a reminder of the positive things in life.

**Why is this important?** A reminder of happy memories can help improve your mood and create a positive outlook on a hard day.

**References:** Robinson, M. D., & Eid, M. (2017). *The Happy Mind: Cognitive Contributions to Well-Being*.