



POSITIVITY JAR

Everyone could use a little pick-me-up now and then! Why not bottle that positivity in a jar for your autistic kiddo to enjoy whenever they need a smile? This simple craft practices fine motor skills as they cut and write their positive notes to themselves.

WHAT YOU'LL NEED

- Jar with lid
- Construction paper
- Scissors
- Markers
- Glue or tape
- Stickers (optional)
- Ribbon (optional)

INSTRUCTIONS:

1. Cut different colors of your construction paper into long strips.
2. Write a positive note for yourself on each strip of paper. Here's an example: You're doing great!
3. Fold each of your notes and set them aside.
4. Cut a piece of construction paper in a color of your choosing to create your jar label.
5. Write "Positivity Jar" on your label and glue or tape it to your jar. If you'd like to decorate your jar further, add some stickers or a ribbon.
6. Add your notes into your jar, and remember to read them whenever you need a smile!

