

Happiness Jar Ideas

Grade Three & Four



Encourage students to focus on small, joyful moments and reflect on the positive experiences they have in their lives.



Learning Intentions

I can identify and appreciate happy moments in my life:

Students will reflect on positive memories and recognise the importance of small joyful moments.

I can practice gratitude by writing about things that bring me happiness:

Students will develop a habit of acknowledging their positive experiences, helping them foster a gratitude mindset.

I can share happiness with others and understand its impact:

Students will reflect on how sharing their joy can spread positivity and improve their connections with others.



Success Criteria

I can write down three happy memories or moments:

Students will describe specific happy moments from the past week, helping them recall positive experiences.

I can reflect on the value of remembering happy moments:

Students will understand how revisiting joyful moments can boost mood and contribute to well-being.

I can think about ways to share happiness with others:

Students will come up with ideas for how they can share positive moments with their friends, family, or community.



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Objective:

Encourage students to focus on small, joyful moments and reflect on the positive experiences they have in their lives.

Materials Needed:

- Paper or a journal for writing.
- Pen or pencil.
- Optional: A jar or container to create a "Happiness Jar" (could be a physical jar or just a concept for this activity).

Setup:

- Provide each student with paper and a pen/pencil.
- If using a physical "Happiness Jar," set it up in a visible area for students to contribute to throughout the week (this could be done digitally as well).

Instructions:

1. Write Three Happy Memories:

Take a moment to think back over the past week. Write down three moments that made you happy. These could be small things, like a nice conversation with a friend, a funny moment, or something exciting that happened. These are your "happy memories."

2. Imagine a "Happiness Jar":

If you had a "Happiness Jar," write down what other happy moments you would add to it. It could be memories from the past, recent events, or things you look forward to.

3. Place Your Memories in the Jar:

If you're using a physical jar, add your written memories to it. If not, create your own metaphorical "Happiness Jar" where you can collect your happy thoughts. You can add new memories as the week goes by to keep filling it with positivity.

Reflection Prompt:

- Why is it helpful to remember happy moments?
- How can you share your happiness with others?



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Closing the Activity:

- After students write or add their happy moments to their jar, ask them to share one happy memory with a partner or the class, if they feel comfortable.
- Discuss the power of positive memories and how sharing happiness can create a more joyful environment for everyone.

Variations:

- **Classroom Edition:** Have students create a "Happiness Wall" where they post happy memories on the wall for everyone to read and celebrate.
- **Family Edition:** Encourage students to share their happy moments with family members and create a family "Happiness Jar" at home.
- **Group Edition:** Students can anonymously write their happy moments and place them in a communal jar, which is read aloud at the end of each week to celebrate shared joy.

Additional Notes:

This activity focuses on helping students practice gratitude and mindfulness by reflecting on the positive moments in their lives. By acknowledging happiness and sharing it with others, students can improve their overall well-being and strengthen their connections with peers. It also encourages the development of a habit that cultivates joy and positivity in their day-to-day lives.

