



The Kimochis® “Love Jar”

Materials: Empty Jar, Construction Paper, Markers, Stickers, Other Craft Supplies

Outcome: This activity fosters family connection, encourages expressions of love and appreciation, and creates a tangible reminder of support and kindness during the holiday season. It turns giving into a fun, creative, and meaningful family tradition.

Instructions:

1. **Introduce the Love Jar:** Explain to your family that the “Love Jar” is a way to share kind thoughts, uplifting messages, or notes of appreciation with each other during the holiday season. Emphasize that it’s about spreading positivity and reminding each other that everyone in the family is cared for and appreciated.
2. **Decorate and Personalize the Jar:** Give each family member a jar (or have one shared jar) and invite them to decorate it with colors, drawings, or stickers. Encourage everyone to make their jar festive and personal—something that feels warm and meaningful.
3. **Prepare Strips of Paper for Messages:** Cut colorful strips of paper and have family members write or draw uplifting notes. These could be:
 - Compliments to each other.
 - Words of encouragement.
 - Things they appreciate about each other.
4. **Fill the Jar:** Each family member can fold their notes and place them into the jar. Encourage everyone to add as many messages as they’d like, thinking about what would make their loved ones feel happy, seen, or appreciated.
5. **Share the Love Jar:** Decide whether to:
 - Share a single-family jar that everyone contributes to and then take turns reading messages aloud.
 - Make individual jars for each family member to give and receive.
6. **Reflect and Celebrate:** Spend time reading the messages together or privately, depending on what feels best. Talk about how small acts of kindness and thoughtful words can brighten someone’s day. Keep the jar somewhere accessible so family members can revisit the notes whenever they want a boost of positivity or connection.

