



## February Family Faith Activity #1

# Family Love and Appreciation Jars



“We give thanks to God always for all of you, remember you in our prayers, unceasingly.—Therefore, encourage one another and build one another up, as indeed you do.” 1 Thessalonians 1:2, 5-11

This activity is designed to be a month long project for the entire family! It can be customized to work best for each member of your family. The objective is for families to share what they love and appreciate about each other. This will be done by having each family member take time each day or every few days to write something they love or appreciate about the other family members. For the younger students who are just learning to write they can do this with one word or even a picture. For example, a child who appreciates his/her Mom’s smile they can write “smile” or draw a smiley face. Older children can elaborate, for example, “Mom, when you smile at me I know that I am loved.” or “I love how you teach me about God.” Parents do the same for their children and each other. At the end of the month each family member will have a special keepsake of numerous endearments from their family members to have and read any time a “pick me up” is needed.

### Materials needed:

\*A container for each family member (Jars, cups, containers with lids, bags, etc., for younger children you may want to use plastic)

\*Slips of paper or cut out hearts, (big enough to write on)

\*Container for the slips of paper

\*Pens or pencils



### Directions:

- 1) Assign a container to each family member. Have each put their name on it and they can be decorated and personalized if you would like.
- 2) Cut slips of paper approximately 1 x 5 inches or long enough to write on. For younger children, you may need to make them larger. You can also be creative and use shapes such as hearts to write on that can be folded and placed in the container.
- 3) Place them in a convenient location so all family members can have easy access to them.
- 4) As a family, create a plan that works for you to complete this activity. Depending on the age and ability of your child or children you can customize this. It can be one a day or maybe 3 times a week, etc.
- 5) Have a family discussion about appreciation and gratitude for each other. Include scripture meditations such as the one given above, as well as talking how family can help bring each other closer to God.
- 6) During the month of February have your family members write things they love and appreciate about each other. They can include sentiments of thanks and gratitude as well.
- 7) At the end of the month, gather as a family, say a prayer of gratitude thanking God for your family, and pass out the containers to each family member. Remind them to keep it in a special place. Whenever needed, read one of the slips of paper for a loving “pick-me-up”.

