

My Courage Jar

Why not make your own jar of courage like Milton?

You will need:

An empty, clean jar

Resources to decorate your jar, such as stickers, tissue paper, ribbons, pom-poms, paint etc.

Glue



Instructions

1. Take your empty jar and decorate it with anything you like. Make it bright and colourful! You could use stickers, tissue paper, pom-poms or ribbons. You could even paint it!
2. You might like to label your jar, 'My Courage Jar.'
3. Each time you do something courageous, write it on a piece of paper and put it in your courage jar.
4. At the end of the week or month, empty out the jar to see just how wonderfully courageous you are!