

Jockey Club Expressive Arts Programme for Children



Hello children, welcome to the MIB Gratitude 7-Day Challenge!

For the next 7 days, you have been assigned a special mission. Each day you need to find the specific item listed below and draw it into your Gratitude Jar.

Are you ready to accept the challenge and start with today's mission?

Record of your Gratitude Mission

DAY GRATITUDE MISSION

1	The nicest thing you can see when you look out of the window	<input type="text"/>
2	An object that is your favourite colour	<input type="text"/>
3	Something that smells good	<input type="text"/>
4	An item or space that makes you feel safe	<input type="text"/>
5	Something that reminds you of a person you like	<input type="text"/>
6	A practical item	<input type="text"/>
7	Carry out a happy evening activity	<input type="text"/>

My Gratitude Jar

Please draw a jar on any kind of paper or find a real jar. Then, you can fill the Gratitude Jar with happiness, by drawing the items that you have found, or the activities you have carried out during the Gratitude Challenge.

Keep the picture of your Gratitude Jar so that when you feel sad you look at the picture and are reminded of all the things that make you happy.



Organised By



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