



Encouragement Jar Activity

Name: _____

Step 1: Make a label with a piece of paper or tape and write "Encouragement Jar" on it and stick it to an empty jar.

Step 2: Print out this page and have child come up with their own words of encouragement on the blank card provided.

Step 2: Cut out the cards and put them in the jar! For extra creative fun, have your child decorate the jar with stickers or pieces of colored tissue paper and glue.



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"YOU CAN'T USE UP CREATIVITY,
THE MORE YOU USE,
THE MORE YOU HAVE."
- Maya Angelou



"DO WHAT YOU CAN, WITH WHAT
YOU HAVE, WHERE YOU ARE."
- Theodore Roosevelt



"WHY FIT IN WHEN YOU WERE
BORN TO STAND OUT?"
- Dr. Seuss



"NOTHING IS PARTICULARLY
HARD IF YOU BREAK IT DOWN
INTO SMALL JOBS."
- Henry Ford



"IF YOU CAN DREAM IT,
YOU CAN DO IT."
- Walt Disney



"YOU ARE BRAVER THAN YOU BELIEVE,
STRONGER THAN YOU SEEM, AND
SMARTER THAN YOU THINK."
- Christopher Robin, Winnie the Pooh



"YOU ARE MUCH STRONGER THAN
YOU THINK YOU ARE. TRUST ME."
- Superman



"JUST KEEP SWIMMING."
- Dory, Finding Nemo