HOW TO MAKE A JAR OF KINDNESS

1. Find an old jar.

2. Clean the jar, so that it's not sticky inside.

3. Decorate your jar any way you like... with paint, stickers, crayons or cut-out hearts like Cupid would.

4. On strips of paper, write down the good things you do for others and that others do for you and put them in your Jar of Kindness. Try to do this at least once every week!

5. On the first day of every month, open your Jar of Kindness and read 10 of the notes of kindess with your friends or family!