



FAMILY REFLECTION JAR

A gentle family activity for building awareness and gratitude. Each day, add a note about something that went well, something kind, or something you learned. Over time, your jar fills with reminders of your family's positive moments and progress.

A Family Reflection Jar begins empty – ready to be filled with your family's small but meaningful moments. Each day, take a few minutes with your child to write or draw something that made you smile, helped you feel good, or showed kindness or courage. Fold the note and place it in the jar.

Day by day, your jar fills with reminders that even on busy or difficult days, there are moments of light, love, and connection.

This activity is especially helpful for families with neurodiverse children. It encourages noticing – not perfection – and helps everyone recognize what brings calm and joy. By writing or drawing your moments, you build emotional awareness, gratitude, and confidence together.

When you need a little lift, open the jar and read a few notes aloud. It's a simple, comforting way to reconnect and remember how many good moments you've already created.

How to Create Your Family Reflection Jar:



Ideas for Using Your Family Reflection Jar

- Write or draw one positive moment together each day – something that made you smile, feel calm, or proud.
- Use the starter ideas to begin, then create your own as you notice what helps your family feel more settled and connected.
- Let your child decorate the slips – add stickers, colours, or doodles to make the activity fun and sensory-friendly.
- Keep the jar in a visible spot (like the kitchen or living room) as a gentle reminder to pause and add your note.
- At the end of each week, read a few notes together and talk about your favourite calm moments.
- On tougher days, open the jar to remind yourselves how many good things you've already created.
- Once the jar is full, empty it together and start a new one – seeing your progress grow over time can be really encouraging for both parent and child.

Reflection Jar Starter Ideas

(You can cut these out and add them to the jar to use at the beginning. Later, families can add their own notes using the blank slips.)

✨ Example Slips to Include

You can vary them – simple, sensory, emotional, and social prompts – all gentle and achievable.

You can start by using the idea slips, and as you get used to the routine, create your own notes together. Every little calm moment counts.

Once you've used these slips, print the blank sheet to keep adding your own reflections.

I felt calm when _____	Something that made me smile today _____	I stayed calm when _____
I helped someone by _____	I tried something new _____	I was proud of myself for _____
A sound I liked hearing _____	I felt happy when _____	Someone was kind to me when _____
I took a break and it helped me feel _____	A moment that felt peaceful _____	I enjoyed spending time with _____
My favourite part of today was _____	I noticed something beautiful _____	I was brave when _____
I overcame _____	_____ made me feel better	Doing _____ with mummy or daddy felt good

