

# Family Love Jar

Why not spend some time together as a family creating a special love jar, which shows each member of the family how much they are loved.

Family love is a special type of love that comes with its own unique feelings, behaviours, challenges, and rewards.

It is important not only to tell our family members how much we love them and why, but to also show them how much we love them by the things we say and do every day for each other.

**Recommended for:** the whole family.

Read the guide below, or [download and print the PDF](https://www.barnardos.ie/media/10737/heart-family-love-jar.pdf) <https://www.barnardos.ie/media/10737/heart-family-love-jar.pdf> (Tip: print in black and white to save on your ink).

## Family Love Jar Activity

### Materials needed:

- A large jar (or, a cardboard box will do)
- Pieces of paper
- Pen, coloured pencils/markers
- String/ribbon

### Instructions:

1. On multiple pieces of paper, ask each member to think about the things they love about their family members. Support your children to write down the things they love about the people close to them. Below are some helpful prompts to get everyone writing:
  - Special memories you have shared together
  - Words to describe how they make you feel
  - Ways in which they have shown you love, support and encouragement
  - Words to describe how much you love them
  - Funny stories you shared together
  - Why you appreciate them
  - Why you are grateful they are in your life
2. Put the pieces of paper into your Jar. Try to fill it all the way to the top.
3. When you pop the lid on – tie the string or ribbon around the top of the jar and decorate it.
4. Try to create a family ritual that each week you will choose a few notes to read out loud so that all members of the family can be reminded how much they are loved. This ritual could be before you play a game together, or watch a movie together as a family.