



GET INVOLVED



20 MINUTES



PREPARATION
NEEDED

JARS OF SUNSHINE



AIM

Help brighten up someone's day by gifting them a 'Jar of Sunshine'. Fill a glass jar with treats and gifts, create a tag and then think about whose day could use a boost.

WHAT YOU'LL NEED

- Jars / Large Plastic Cups or similar
- Gift items (i.e. sweets, teabags, seeds, tealights etc)
- Ribbon & Yellow Craft Materials (Pom-poms, glitter etc)
- Gift Tag
- Colouring Pens / Pencils



GET INVOLVED: JARS OF SUNSHINE

THEME: HELPING OTHERS



LEADER PREPARATION

A leader will need to gather all the resources required. This will include printing the gift tag activity sheet, if you are using this. Where you don't have jars, large plastic cups will work just as well. To help enhance the look of the jar of 'sunshine', most of the gifts (or the packaging) should be of a yellow or orange colour



[Download Jars of Sunshine Gift Tags](#)



GETTING INTO THE ACTIVITY

- 1 Give each child a jar or large plastic cup. Allow them to decorate it using ribbons and craft materials (i.e. pom poms, glitter, tissue paper etc). Try to use yellow colours to help make the jar be as bright as possible, like the sun.
- 2 Once decorated, children can then fill the jar with gifts and treats. Again, these should ideally be predominantly of a yellow or orange colour to make the jar resemble sunshine. Children could add a personal touch by creating a drawing or piece of colouring to go rolled up inside the jar.
- 3 Once filled children can then add the gift tag. Use the templates on the downloadable sheet or make your own. Allow children time to colour in the sun and words on the gift tag, before attaching it to the jar using ribbon. Children could also write a message on the back of the tag.
- 4 Finally, you'll need to decide who to give the jar of sunshine to. Children could take them home to give to a family member or neighbour to brighten up their day. Alternatively all the jars could be collected in and then delivered to a retirement home, hospital, food bank, older Church members or so on. This activity is all about brightening up someone's day, so think carefully about who to give the 'Jar of Sunshine' to.



IDEAS TO TAKE THIS FURTHER...

If gifting the jars of sunshine to a retirement home, fire / police station or somewhere similar then consider organising a visit with your Anchors to go and deliver the gifts in person and meet the people.



KEEPING EVERYONE SAFE

Please take care if using glass jars. If gifting the jars to people other than family members, please ensure only the child's first name is used on the gift tag.

