



Activity 75

Spiritual Development:

Light Up a Day Jar

To support and encourage others.

You will need – Empty jar, ribbon, felt tip pens, scissors, laminating pouches, laminator, LED tea light and light up a day cards.

Activity – This activity is designed to bring light into other people's day. The light up cards make suggestions of what to do to light up someone else's day. Firstly decorate the light up jar with ribbon and a tag. We put an LED tea light on top of the jar to symbolize lighting up someone's day. Print off, cut and laminate the light up cards or make some of your own. place the cards into the jar and put jars in each classroom in school so others can light up someone else's day. Encourage children and adults to choose a card each day and carry out the action on the card. Glue a LED tea light to the lid of the jar.

