

## “You Did It” Jar - Positivity

### EXPLANATION:

Acknowledging positive experiences and achievements has a major impact on positive thinking. A “You Did It” jar provides opportunities for students, parents/guardians, and teachers to recognize the accomplishments of the students.

**GRADE LEVELS:**                      Preschool–Kindergarten

**STUDENT GROUPING:**    Whole class discussion and individual contributions

**ACTIVITY LENGTH:**            20-minute discussion and then ongoing use

### CASEL CORE COMPETENCY: *SELF-MANAGEMENT*

- Managing one’s emotions
- Exhibiting self-discipline and self-motivation
- You can learn more about the CASEL framework [here](#)

## SCOPE OF TASK:

Positive thinking results in self-confidence, which, in turn, contributes to emotional well-being. To help develop positive thinking in students, it is important to acknowledge the efforts they make socially and the steps they take that lead to personal success in new actions and experiences.

1. During group time, discuss with the students how they learn and try new things every day.

Questions could include:

- When you try something new, can you always do it the first time?
- If you do not do it the first time, how does that make you feel?
- Should you try again? Why or why not?

2. Tell the students that it is important to celebrate the positive things we do and to feel confident in our achievements.

3. Introduce the “You Did It” jar to the students. Explain to the students that it is important that we positively acknowledge the efforts that everyone makes in the school. Provide some examples of positive statements:

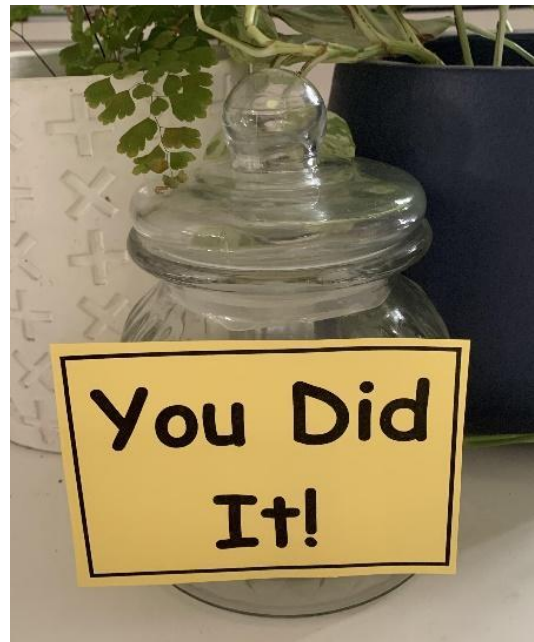
- Miguel tried really hard to do the swings himself today.
- Deion was kind to Jim when Jim was upset.
- Anne can tie her shoes by herself now.

4. Can the students share some positive things that they have seen or achieved? Ask students to share examples to determine their understanding of positivity.

5. Model an example of writing a positive statement and putting it in the “You Did It” jar. For example, “Miss Jones remembered her hat again—great job.”

6. Tell students that they can share positive things that they did or that they saw someone else do; these positive efforts and actions can be written on small pieces of paper and added to the jar. Teachers, teacher aides, or parents/guardians can help the students write their accomplishments on each paper.

7. At the end of a few days or a week, during group time, the papers in the “You Did It” jar can be read aloud, and everyone can celebrate the positivity in the room. Students can take their positive notes home to show to parents/guardians.



This activity can be shared with parents/guardians—in communication with them, seek their support and emphasize the importance of acknowledging small and great achievements (of self or others), which leads to positivity and feelings of well-being.

Encourage parents/guardians to contribute to the “You Did It” jar with acknowledgements of the outside-of-school positive efforts and achievements of the students.

## **RESOURCES:**

- Large jar
- Small pieces of paper