



## My Favourites Jar (Family Activity)

Have a little jar or empty plastic bottle each with a name tag on.

Write or draw on pieces of paper what your favourite things are – fold the papers and place them in the jar.

Look in each other's jars over the next few days.

See if some of your favourite things happen e.g. hot drink at night, someone running the bath for me, 5 minutes extra on my game.

