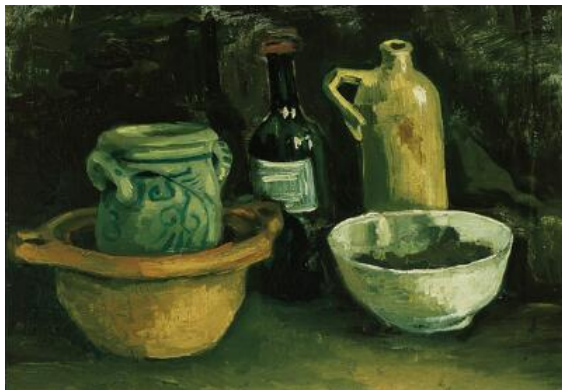


Norton Simon Museum

Art-Making Activity: Gratitude Jar

Vincent van Gogh painted *Still Life*, a composition of different vessels, as an exercise to study balance and color. He painted this during a time when he was giving painting lessons and working side by side with his students. He thought of his still-life paintings as an expression of friendship and harmony with his students.

Gratitude is a feeling of appreciation or thanks. Take a moment to think about Van Gogh's appreciation for his students, as well as the people and moments in your life that you are grateful for. Then, create a gratitude jar filled with things that make you feel good each day.



Vincent van Gogh (Dutch, 1853–1890), *Still Life*, November 1884, oil on canvas, The Norton Simon Foundation

Materials:



- Jar
- Collage papers (magazines, newspapers, colored papers, etc.)
- Scrap paper
- Scissors
- White glue
- Cup
- Paintbrush
- Pen
- String
- Hole puncher

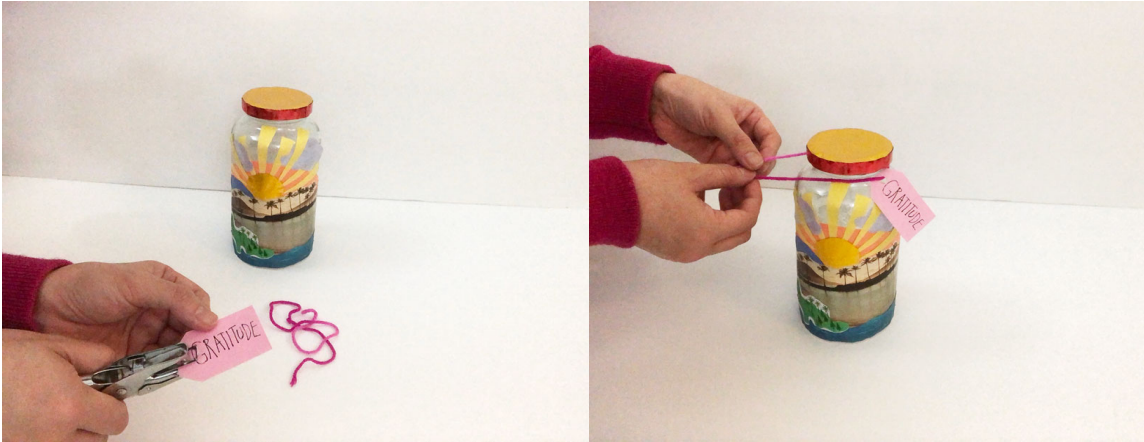
Steps:



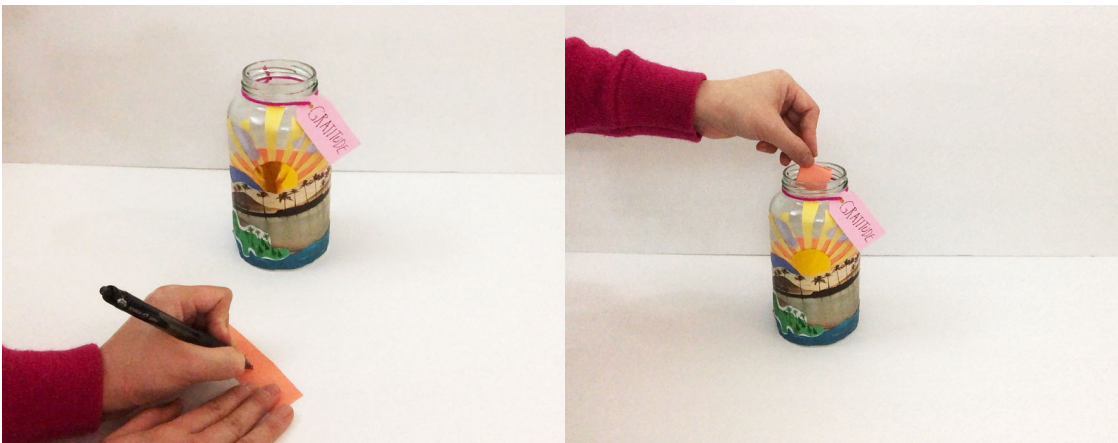
Look through your collage papers and cut out images, colors and shapes that remind you of things that make you happy and grateful. Consider the size of your cut-outs in relation to your jar and using these cut-outs, make a collaged composition or design for your gratitude jar.



Once you have your composition, squeeze some glue into a cup and, using a paintbrush, apply the glue on the back of your paper. Then begin gluing your composition onto the outside of your jar.



Then take a piece of paper, cut it into any shape you'd like and write a title for your gratitude jar on it. When you're done, punch a hole in your paper, put a string through the hole and, using the string, tie it to the top of your jar.



Finally, open your jar and, on a scrap piece of paper, write down one thing that you are grateful for today, big or small. Then fold it up and put it in your jar.



You can do this everyday and once your jar is full, open it up, read all of your notes and feel your heart fill with gratitude.