The Love Jar Project

There are two options to complete this Love Jar project. The first option is within the troop and trading jars amongst the girls only, and is ideal to complete within one meeting. The second option is giving a jar to someone outside the troop, and ideal for outings and community service.

**Love Jar Project – Option One**

Gather jars for your troop based on the number of girls. Each girl should have one jar. Glass mason jars are perfect, but smaller girls might need something that isn’t breakable. Alternative options include plastic cups, paper bags, empty cookie boxes, empty fall product nut tins, or simple tote bags. Have each girl decorate her jar (or container of her choice) with her name and whatever else you choose (glitter glue, stickers, pens on construction paper, ribbons, etc.

Then discuss with the girls how words affect our feelings. How does it feel when someone pays you a compliment? Discuss how those words and actions can really improve your day. Words are a powerful weapon, which can be used for good or bad. We should always be careful to use our words for good.

Have each girl cut a piece of paper (or colored cardstock, sticky note, etc) for each of her fellow scouts. Have the girls think carefully and write a note or compliment to each of their friends. Stress the importance of making the notes personal. Maybe that person did something nice for you once and you never forgot it. Maybe person is always a great listener when you are having a problem. Have them write their note and sign their name at the bottom. Fold the paper in half, and write who it is for on the outside. Once all the girls are done, they can deliver their notes to the jars.

These can be opened immediately, or taken home and opened when they are having a bad day. They could also be used for both. You could encourage the girls to keep these notes and read them time and time again. They could also set up paper bags at home with their family members on them and encourage their family to do the same compliment swaps.

**Love Jar Project – Option Two**

Instead of gathering multiple jars, gather one jar and the girls can decorate it as a troop. Then discuss appropriate comments and compliments based on who you determine to give the jar to. For instance, you could write notes of thanks to the firefighters or police officers for keeping your neighborhoods safe, you could thank the teaching staff at school for keeping the school organized, or they could draw pictures of flowers and love to deliver to the elderly at a nursing facility.

Have each girl write a couple notes for the jar and deposit them inside. The troop can deliver the jar at an outing (along with a tour) or send in the mail depending on the destination. This Love Jar Project compliments nicely with a box (or two) of Girl Scout cookies as well!