



## The Jar of Possibilities

Through this you generate ideas and pick out possibilities as a family

Everyone brainstorms ideas which are written on separate pieces of paper and placed in the jar

Anyone can add to these at any time

You may use the jar whenever feels right

Great ideas can be completed and placed back into the jar

### Ideas may include:

**Challenges** (eg find 5 things in the house which are blue in 1 minute and bring them back to the kitchen table)

**Games** (eg seriously hard hide and seek, board game)

**Questions** for everyone to answer (eg what do you hope for this year, happy childhood memory)

**Jokes** (eg what did the sea say to the sand? Nothing it just waved 😊)

**Activities** (eg go for a walk, lay outside and look at the sky for 5 minutes)