

Action Jar.

Sometimes it is difficult to feel like doing anything, so we sit and do nothing. The trouble with this is it can make you feel very miserable.

So how does the action jar help?

The action jar is an empty jam jar into which you put a number of scrunched pieces of paper. On each piece of paper is something you might do.

So there might be several pieces of paper as follows:

- (1) go for a walk**
- (2) phone Jo**
- (3) look at a magazine**
- (4) watch TV**
- (5) tidy up**
- (6) listen to some music**
- (7) do some cleaning**
- (8) have a shower**
- (9) listen to the radio**
- (10) go to the shop.**



How does it work?

All you do is you put your hand in the jar and pull out any of the pieces of paper. Then you unfold it and see what is written on it. Whatever is written there is what you have to do.

And that is how it gets you going.



What are the rules about what you write on the paper?

Have some of them active (e.g. go for a walk) and some of them not (e.g. look at a magazine).

Make some of them useful (e.g. do some tidying) and some of them fun (e.g. listen to some music).

Try to have at least six pieces of paper.



In session.

What would you write on your pieces of paper?

(Tip: get ideas from other people too.)

Project for the week.

Get yourself an action jar, write out your pieces of paper and put them in. Then try it out from time to time.

Remember to tell us how it goes, next time.

Mythbuster.

Sometimes it is good to sit and think.

Yes, sometimes it is, but sitting thinking for too long can make you sad. That's where the action jar comes in useful.