

A hand in a light blue sweater is shown placing a small, folded piece of white paper into a clear glass jar. The jar is filled with numerous small, glowing yellow and orange lights, creating a warm, magical atmosphere. The background is a soft, out-of-focus bokeh of similar lights.

The Imagination Jar

A Companion Activity for "Finding a Friend"

This activity supports:

- Emotional regulation after disappointment
- Independent or shared imaginative play
- Flexible thinking and self-connection

What You Need

- A jar, cup, or small box
- Small slips of paper
- A pencil or marker.