

## Happiness Box



**Create a happiness box. When we feel a little low we can forget what makes us happy and cheers us up. Having a box of things that remind us of what makes us happy can really help.**

First find a box - I found an empty biscuit tin, but you could use a plastic tub, a cardboard box or even an old rucksack. What to put in it? This is up to you, but think about what gives you comfort and helps you feel happy and relaxed. Check with your grown up if you find something in your home to put in the box that is not yours.

What's in this Happiness box –

As you can see I have quite a few things, to give you some ideas.....

**My favourite film and my favourite songs on a CD** – these remind me of happy times.

**Something squishy** – this helps me relax when I squish the purple elephant. You could also have a fidget cube or spinner in your box if these help you calm. You can see the white squishy pillow that came in some packaging. This feels so smooth against my cheek it is very relaxing. What could you put in your happiness box that is small and feels nice?

**Candle** – my battery tea-light is safe and reminds me there is always light in the dark, so troubles will always come to an end just like the sun coming up after night time. Watching it flicker is also relaxing. If you have a real candle make sure a grown up lights it and keeps you safe.

**Something from nature** – my pine cone, feather and dried flower - Feeling them in my hands helps me think about how beautiful and awesome nature is. How I love to see the flowers and shoots in the spring. It also reminds me to take a look out at nature when I need to cheer up.

**Lavender bag** – smelling something lovely helps me relax. You might like a different smell, like some special hand-cream or a bar of unused soap.

**Pebble** – this pretty pebble is special because I found it on holiday and it reminds me of happy sunny times with my family on the beach. You might have a shell or a pebble or a photo to remind you of a happy holiday.

**Pencils and paper** – you could draw a picture or write a list of things you are grateful for. Keep the list in your happiness box. Reading a list of all the amazing things you are thankful for will remind you of the good happy things in your life. Here is a list to start you off....

I am grateful for....

- The air I breathe
- The water from the tap to drink and to have a nice hot bath in
- Ice cream especially the double chocolate chip flavour
- Fluffy slippers...

Some other ideas that you include in your happiness box

- **Bubbles** – blowing and watching bubbles float outside is lots of fun
- **Glitter jar** – fill a clean empty jam jar with water, some PVA glue and some glitter. Seal tightly and then shake and watch the glitter fall in the jar. This can be helpful when you want to calm your thoughts and focus on something relaxing.
- **Photo** or a **picture** you have drawn of your family or your pet
- A card with a special phrase or word that helps you feel happy such as 'I am loved' or 'I am strong'
- **Teddy** – to cuddle
- **Fluffy socks** – feel warm and soft, comfy toes!
- **Lego figure** – One that makes you smile when you hold it.

Have fun creating your happiness box. There is no right or wrong happiness box because this is for you. If you would like to post a picture to your teacher it would be great to see, but it's OK not to. Enjoy!