

The Happy Box

1. Find a box which is big enough to hold different sized items such as photos, small items of clothing, or keep sakes. A shoe box would be ideal.
2. Decorate the box in whatever way you like, paint it your favourite colour, doodle on it or you might want to cover it with pictures of your family, favourite pop star or sports star or wrap it in colourful paper. You could stick ribbons, sea shells or beads on so that it feels special when you see it.
3. You need to fill it with items that make you feel happy or evoke happy feelings when you see them. This might be a photo of your pet, or a list of all the songs that you like to sing at the top of your voice when you feel happy. It could be your favourite piece of jewellery or a keepsake from a holiday such as a pebble from the beach which feels lovely when you hold it or triggers a happy memory of a family holiday together.
Smells can make you feel happy too you might want to put a spray of your favourite perfume onto some fabric and keep it in the box.
Old birthday cards, notes or postcards from family or good friends could also go in if they trigger happy feelings.
4. When you're feeling sad or worried having a look in the box and going through all your special items will help you feel happier.