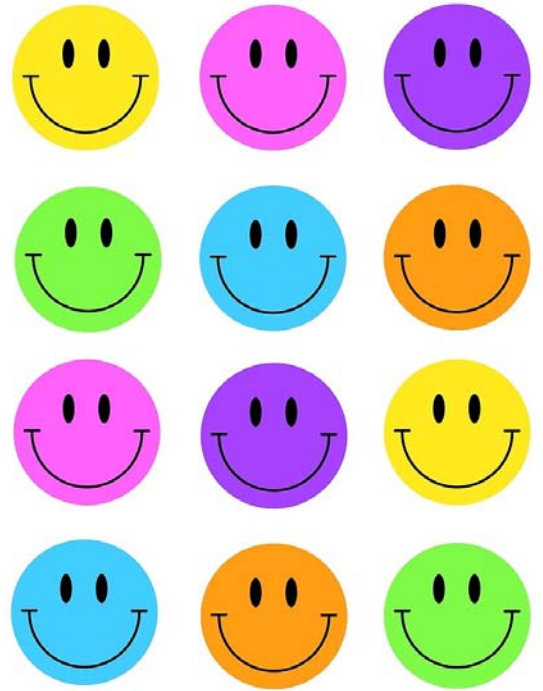


Box of Happiness!



When you feel a not-so-nice kind of feeling, like 'sad' or 'angry'. It might help you to have a collection of ideas that you can choose from to make you feel better.

First of all, you will need a box or jar to decorate however you like.

Next, get some small pieces of paper (perhaps five to start with). On each piece of paper, write (or ask your adult to scribe) something that makes you feel happy. You could draw pictures if that works better. You could even use some photographs of things that make you feel happy.

When you have got all of your happy ideas, put them into your box and keep it somewhere safe.

Whenever you feel sad or angry, you can go and have a look in your to remind you of some ideas that will make you feel better. When you feel calm, you can talk to someone you trust and sort out the problem that made you feel sad or angry.

On the next page, there are some happy ideas that you might want to use.

Hug my
favourite toy.

Have a drink of
water.

Go into the
garden.

Draw a picture.

Look at a book.

Hug mummy or
daddy.