

Activity Outcomes

- To think positively about what makes you happy and what else you can do to make yourself happy.
- These ideas should be small steps, just little things that will make you happier.

Setting Up

What you will need:

- Collage materials like wrapping paper, sequins, stickers or felt
- Crayons
- A jar (or you can use the outline on the next page and write your memories on the outline)
- Paint
- Scissors

Activity Guide

Activity – Happiness Jar

1. Think about something over the last few months that has made you happy or made you laugh.
2. Write down your happy memory or thought on a piece of paper, fold it up, and place it inside your happiness jar.
3. Next, think of some ideas or things that you can do to help make the world a better place, or to make you smile or laugh.
4. Fold up your paper and place inside your happiness jar.
5. Whenever you feel sad, or worry about the world, open up the jar and read some of your messages and it will hopefully make you smile!

Further Support and Ideas

- For more ideas and to share your thoughts and creations, visit <http://www.thechildrensvoice.net/>
- Don't forget to share your creations and ideas by using #NCDUK



Happiness Jar

