

Things you will need

- Happy Box template or old cardboard box
- Happy Box ideas sheet
- Pens
- Scissors and glue or sticky tape

What to do

1. Print the Happy Box template for each person.

If you can print it onto card it will make your box stronger.

Cut out the box shape.

If you don't want to make the box, you could use an old cereal box or any cardboard box that you don't need. Carefully slide your finger along the folds to undo the box so it can lie flat.

2. Decorate the box with colours, patterns and pictures that make you smile. You might choose your favourite colours, use stickers, glue on pictures from magazines or draw pictures.
3. If you used the printed box, fold along the lines you did not cut. Turn the box over so the sides you decorated are face down. Put glue on each tab that is coloured grey. (Don't glue the tab on the square that has the Happy Box sign, this should be on the top of the box and will be the lid) Turn the box over and fold the sides up. The tabs should stick to the inside to hold the box together.
If you used an old box, glue or tape the edges to make it back into a box. Your box is now ready to be filled with things that make you feel happy.
4. Cut out pieces of paper – big enough to write on and small enough to fit in your box when folded.
Think of all the things that make you smile or feel happy.
Write or draw each thing on a piece of paper.
Put all the pieces in your box.

**If you have a day when you are feeling fed up or sad,
have a look inside your Happy Box. It might cheer you up**