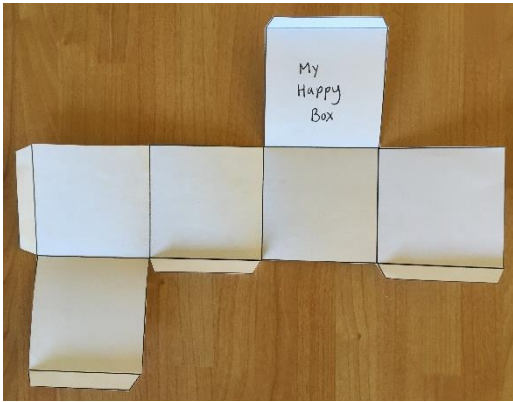


Step 1 – make and decorate your box

Use the Happy Box template

1



2



3



OR

Undo and flatten an empty cardboard box. Decorate the plain side

1



2



3



Step 2 Write or draw things that make you feel happy and put them in your Happy Box

Here are some ideas to get you thinking

○ people

○ food you like to eat

○ singers and music

○ activities you do at home

○ places you have been for day trips or holidays

○ things you watch on TV

○ things you do on holiday or for a treat

○ animals and pets

○ smells, sounds and things to touch