

MAKE A HAPPINESS JAR

COURTESY OF

Working in partnership:



BARNARDO'S



What you'll need:

A clear jar or container

Pens, pencils or crayons

Strips of coloured paper

Stickers, glitter, ribbons, paint to decorate (if you like)



Decorate the jar with markers, stickers or paints.

At the end of the week, or when you need to be cheered up, read through the happy memories and remember the happy feelings that went with them.

Each day, write (or draw) something that made you smile that day. As the days go by, you'll enjoy seeing the jar fill up!



Thank you to our friends at Barnardo's Scotland for providing this activity for us. To find out more about Barnardo's you can visit www.barnardos.org.uk