

## **Monday - PSHE: Our Happiness Box**

<https://classroom.thenational.academy/lessons/keep-calm-and-carry-on-6cu34c?activity=video&step=1>

A happiness box can be used as a tool to make yourself feel happy and safe. You can fill a box full of things such as memories, favourite toys or pictures so that you can look at this when you are feeling scared or worried.

### **Task**

You are going to create your own Happiness Box. You will need a piece of paper, some items that make you happy and your Happiness checklist (see below). You are going to decorate (optional) and put items in this box so that when you are feeling down you can open this box and use/do some of the things that you know make you happy. If, for example, singing makes you happy then you can draw a picture to put in to remind you.

### **Option 2**

If you do not have a box to make then you can use Purple Mash instead to create a poster. Log on and check your 2do's!

## What makes me happy checklist

*Use this checklist to write the things you would include to make you happy. Explain why if you can!*

Item/object/hobby	
<i>Reading makes me happy because I can pretend that I am a character in the story.</i>	