# East Ayrshire Council to raise council tax and rents - Scottish ...*columba1400[1]*Parental Empowerment Theme Board

## Name:- Joanne Laird Sub group:- Onboarding Relationships

Box of Happiness

* Group meet with a friendly cup of tea and cake – either virtual or within an indoor environment.
* Group watch clip and discuss their thoughts
* Facilitator leads discussions on – What makes you happy?
* Group are asked over the coming weeks to start their own happy box and bring it back to next session

For follow up session

* Group all re-join back together in room or on virtual platform
* Facilitator gives all members of the group the opportunity to show and discuss their box

Talking Points

* How did you feel when it was an empty box – till now?
* Has filling your box sparked any happy feelings you would like to share?
* Is this something you would do with your family?
* Are you proud of your Box?
* Do you think the activity has brought you a Box of Happiness?
* Would you or could you extend the activity any further with yourself, your family and your community?

Comments / notes

* Link to clip – [https://youtu.be/TLR9lFYWst8](http://enigma.east-ayrshire.gov.uk:32224/?dmVyPTEuMDAxJiY5MTg5N2M3ZTc5NjgxNjdkYT02MDc0NjMwQV81NTI5NF8xNDgyNF8xJiY1MmJkZjQ5MjM4MjgzMjk9MTIyMiYmdXJsPWh0dHBzJTNBJTJGJTJGeW91dHUlMkViZSUyRlRMUjlsRllXc3Q4)
* There is no time limit to this activity and it can be completed on many occasions
* If anyone within the group doesn’t feel like sharing and would prefer to listen – this is ok.
* Ensure every member of the group is given time to collect and share their box

**Main Focus of Activity**

* The main focus of this activity is to give the group a positive focus to their week and daily lives
* To create an environment where the group feel relaxed and in a safe space to share thoughts and feeling
* The box is to enforce the power of positive, focus on happiness and achievement
* Creating good solid trusting relationships for the group to move forward together.