

Activity 5 – Talking and sharing

Make a box of happy things

What to do

- Talk about things that make us happy. Include people, places, food, activities, and experiences.
- Explain that this box is a happy box and we can fill it with things which remind us of happy things.
- Draw and/or write some of these and fold, putting into the box (e.g. picture of Grandma, birthday cake, pet, friends, beach, football, balloons, sun, flowers, etc.)
- At any time, you can put a hand in and pull out a happy thing to talk about.

What you need

A small box/container
Paper cut into foldable notes and a pencil



Extension

Decorate the box with happy colours.
Continue to add happy things to the box whenever you like.
Make and post some happy things for someone else.

Questions to ask

What does being happy feel like?
What makes you happy?
Can you draw a picture of your bike?
Why does a kite make you happy?
What does this picture remind you of?
What could make Grandad happy?