



Positivity Box

Creativity & Thinking Positively

INTRODUCTION

This is a great activity to help us think about the things that make us happy, and be creative at the same time.

WHAT WE NEED

- An old box or jar
- Materials for decorating (paper/pens/pencils/crayons/stickers etc.)
- Paper to write our memories and happy thoughts on

WHAT TO DO

First, decorate your box or jar. You can draw your design onto paper first and stick it on with cellotape, or you can draw directly onto your box or jar. You can use all sorts of materials to make it your own.

Write down one positive thought or happy memory each day and put it in your box or jar. When it is full you can look back at all the things that make smile.

