



POSITIVITY BOX

Creativity & Mental Wellbeing

INTRODUCTION

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

WHAT WE NEED

- An old box, tin 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, tin or jar. You can draw your design onto paper first and stick it on with tape, 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.

