

Happiness Jar

You will need:

- A container (a glass jar works well for this activity)
- Paper
- A pencil or pen

You could use:

- Collage materials like wrapping paper, stickers, sequins or felt
- Paint
- Scissors

Instructions

1. Think about something that has made you happy today. This could be something funny that happened, an exciting activity that you did or something that you are grateful for.
2. Write your happy memory on a piece of paper using your pen or pencil.
3. Fold the paper carefully and place it in the jar.
4. You might like to decorate the outside of your jar using paint, wrapping paper or stickers.

Top Tips

- Whenever you are feeling sad, read the notes inside your happiness jar to remind you of your happy memories!



Take a picture while you do this activity and tweet us [@ClassroomSecLtd](https://twitter.com/ClassroomSecLtd) using the hashtags [#CSKids](https://twitter.com/CSKids) and [#HomeLearningHero](https://twitter.com/HomeLearningHero) to be in with a chance of winning a month's subscription to [classroomsecrets.co.uk](https://www.classroomsecrets.co.uk).