



Happiness Jar

Clean out an old jam jar or yogurt pot and decorate it.

Every day write down something that has made you smile e.g. a great hug, an exciting bike ride, an ice-cream on the beach, playing a fun game or doing an lovely activity.

Post the paper into the jar.

At the end of the week take out all the little notes to read and remember all the fun that you have had.

The whole family could join in and all share your happy times together each week.