
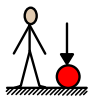









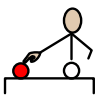

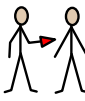










?  +  
Be Positive and stay happy






?      + 
Being positive helps us to keep calm and be happy.



       
I would like you to make a happiness jar or box

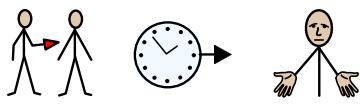
      
and fill it with things that have made you feel happy,

     
You can use the symbols to tell a grown up how you


feel.

    
Take a photograph and put it on evidence for learning for

 
me to see



You will need:



A jar or box



Items to decorate your box or jar



Small pieces of paper or Post it notes



Pen or Pencil



Symbols



How to make your jar or box:

1



1. Choose your jar or box and decorate it.



Use the symbols to tell a grown up how you feel



Happy



Sad



Cross



Tired



Pain



Worried



Frightened



Excited



Cry



annoyed



bored



Cold



Hot



watch television



Go

for a



walk



my



dog



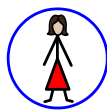
my



cat



My



mum



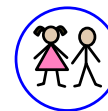
my



dad



My



sister



My



brother



My



gran



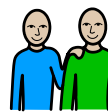
My



grandad



My



friends



Go outside



Go to bed



Listen to a story



Play with toys



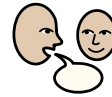
Teddy bear



Dinner



Drink



Talk



Hug



Help someone



Sharing



Jump



Too busy



Too noisy



Voices off



Quiet space



Change



Different



Help



Rest



High five



Smile



Laugh



Deep breaths