

Be Positive and stay happy



Being positive helps us to keep calm and be happy.

This week I would like you all to make a happy jar or box and fill it with notes of things that have made you feel happy. Then write down the things that you are thankful for and what you like about the people in your home.

At some time during each day talk to someone about what you have written. It might be a nice thing to do just before you go to bed so you go to sleep thinking happy thoughts.

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



How to make your jar or box:

1. Choose your jar or box and decorate it
2. Everyday write down:
 - One thing that has made you feel happy
 - One thing that you are thankful for
 - One thing you like about someone in your home
 - One thing that has made you feel proud today
3. Choose someone at home and talk to them about one of the things you have written



I would love to see a picture of your jar or box, can ask a grown up to put it on evidence for learning for me?

Pam

