



# Happy Jar



**You will need:** an empty jar, coloured paper, glue, scissors.

1. Decorate your jar. You can do this by cutting your coloured paper into shapes and sticking them to the jar.
2. Cut out the pieces of paper below.
3. Every evening, take one piece of paper and write down the best thing about your day. Then fold up the piece of paper and put it in your happy jar.
4. When you've used all these pieces of paper, you can print some more or make your own.

Your jar will soon be full of happiness! At any time, you can take all the pieces of paper out and read them to help unlock all the happiness inside you.

The best thing about today was...

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