

Monday

Fill this jar with happiness by writing or drawing happy thoughts and pictures on the jar



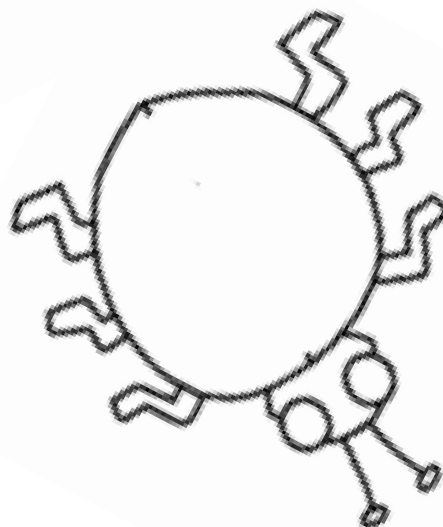
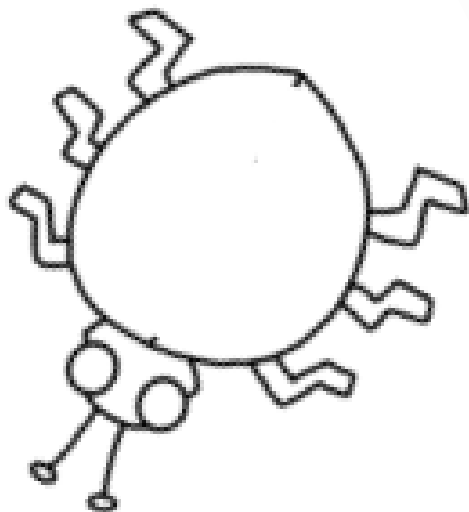
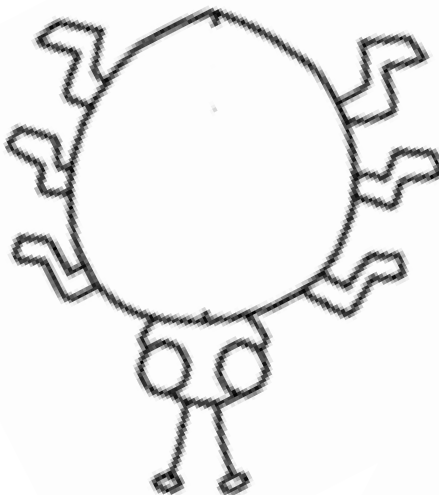
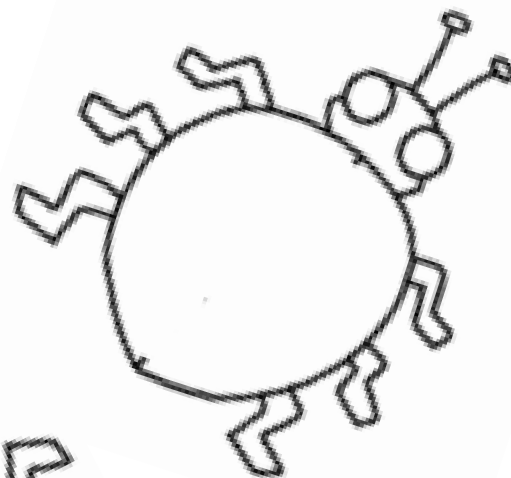
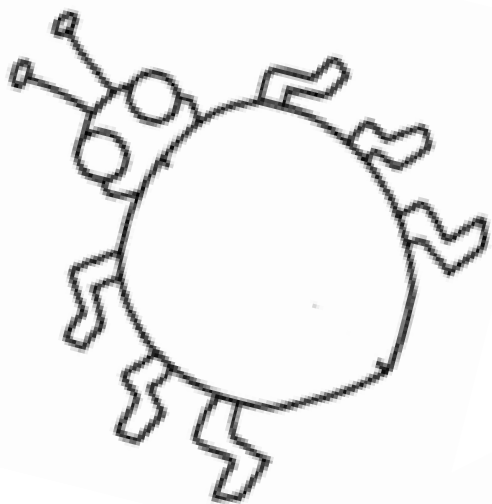
You can fill the jar with words, sentences, drawings, or a mixture of all three.

If you have a real jar you could fill it with your writing and pictures and label it your 'Happiness Jar'. If you ever feel a bit sad or down you could take out a happy thought to read or look at.

Tuesday

My Bug Bears

Bug bears are things that annoy or irritate you. Write anything that makes you feel fed up on these bugs and imagine them disappearing off into the forest, never to be seen again.



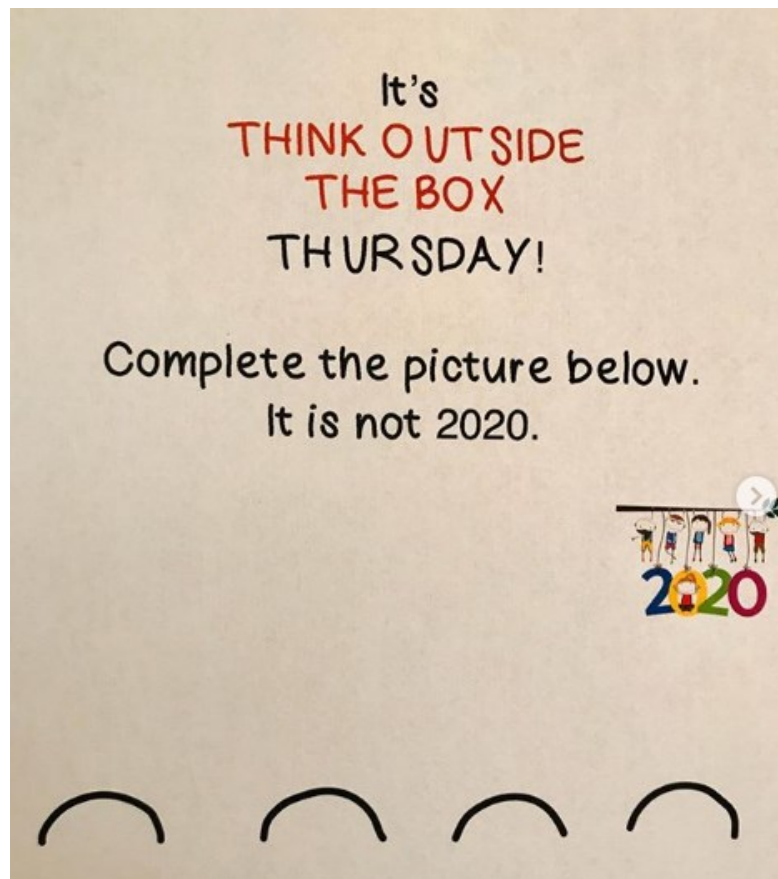
Wednesday

Helping Hand

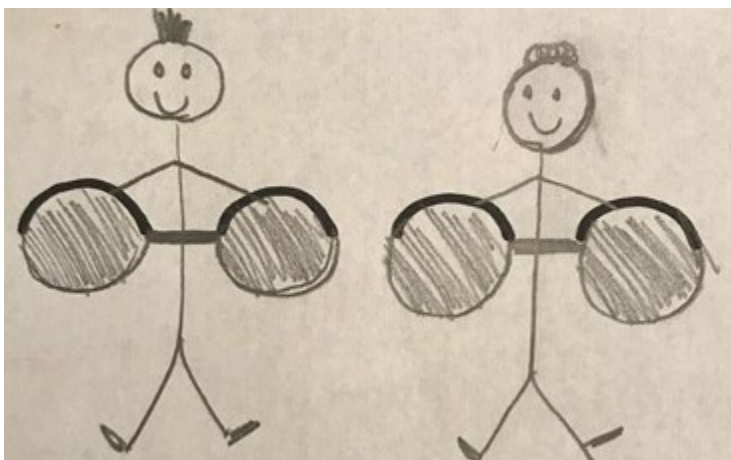
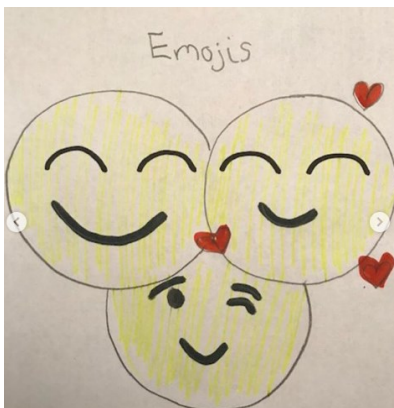
Being kind and helpful to others makes us feel good. Now is the time to remind yourself of the fact that you are a kind person and there are lots of kind people in the world. Draw round your hand and on each finger write down a time when you have helped someone.

On the palm write down when someone has helped you.

Thursday



Examples



Friday

Help calm your thoughts
with some deep breathing



[https://app.gonoodle.com/activities/swirling?
s=Search&t=breathing](https://app.gonoodle.com/activities/swirling?s=Search&t=breathing)