

## **Make a Well Being Box Tuesday 2nd February 2021**

You will need

Coloured pens or pencils

A4 paper

Glue sticks

Scissors

Craft materials (for example, tissue paper, pipe cleaners, stickers)

Cardboard box (why not use a shoebox?)

Items to fill the wellbeing box

Plan the boxes

Think about messages that make you feel good.

Do people have any favourite quotes or song lyrics? What would you say to a friend who's having a bad day?

Think about objects that make you feel happy or relaxed.

You should choose things that are small enough to fit in a shoebox.

The things could link to the ideas from the 'Five ways to wellbeing' below, like a favourite memory, do a relaxing activity, or just make them giggle.

For example, a favourite book, a small cuddly toy, colouring pencils and paper, a funny photo of friends or a pet, fidget toys, a list of favourite films, stress balls, nice-smelling products, or nail varnish. These are just some ideas – there are plenty more great ideas.

Make the boxes

Everyone should cover their box – wrapping paper works well, but scraps of fabric or unwanted posters look great (and are environmentally friendly too).

You should make sure to cover the lid separately, so it can still open and close.

You should decorate their box.

You should feel free to be creative – what makes you feel happy, safe, or calm.

You should write or draw positive messages on pieces of paper and pop into your box.

Why not try writing a message for someone who lives in your household?

This is where the list from 'Plan the boxes' comes in handy.

You should fill your box with other items.