



**BRISTOL  
FUN**

**CREATE HAPPINESS IN A BOX**

## How to Make a Happiness Box

Decorate an old shoebox with bright colors, smiley faces, suns, rainbows & other happy things. Once the outside is decorated, fill the box with things that make your children happy - their favorite books, stuffed animals or dolls, a photo that makes them smile, their favorite jokes, a piece of candy, a letter from a loved on, etc. When kids feel sad or stressed, encourage them to open their happiness box to feel better.

Have kids make a box for one of their friends.