

Making Jars of Joy or Positivity Pots

YOU WILL NEED: a jar, pot or box with a lid, stickers, glitter, coloured pens/paints, small bits of plain paper a pen

One way of helping us think more positively is to practice positive thinking. We can do this by having a physical place that we put reminders of happy thoughts or memories.

Decorate an empty jar, pot or small cardboard box with stickers, coloured pencils or pens. Once decorated and personalised, the idea is you add any thoughts, positive comments you've received, things you've felt good about, photo's, tickets of things you've done and want to remember.

If you are having a really bad day, need reminding that you do not always feel as low as you are currently feeling, you can refer to your positivity pot or jar of joy.



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