Happy HEART Jar

Healing Engaging and Recovering Together

A little jar full of happy thoughts for brighter days!

How to make your Happy HEART Jar

1. Cut out the heart jar on the next page.
2. Cut out the little notes on the next page.
3. Write or draw something good about your day on a note.
4. Fold it up and stick it inside your Happy HEART Jar.
5. When you need a smile, read these notes and remember those moments.

You will need: colouring pencils, pencil, glue and scissors.

Remember: it's okay not to feel happy every day. Every feeling matters.

HEART

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Fill your HEART jar

Cut out the notes. Write or draw a happy moment on each one!

Something that made me smile...

Something I am proud of...

Someone who was kind to me...

My favourite moment today...

Something that made me laugh...

Something I enjoyed doing...

Make more notes whenever you like - every little moment counts!

On days when things feel a little tricky, you can look back at your happy moments. And remember, it's okay not to feel happy every day.