



# Make a happy hand

Thinking about all the good things in your life can help you to feel happy. Can you think of five things to create your very own happy hand?

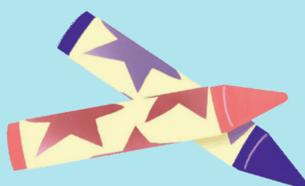
1 Lay one hand flat on a piece of paper or card.

2 Draw right around your hand including all four fingers and your thumb.

3 Draw one thing that makes you happy on each finger and on your thumb.

## You will need

- a sheet of paper or card
- crayons or coloured pencils



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## NOTE FOR PARENTS AND CARERS

Help children to recognise happiness by talking about things they like doing and how this makes them feel. Focussing on happiness can help them to develop a more joyful disposition. Younger children may need help to draw around their hand, or let them draw around yours.

Adapted from: *Little Big Feelings: When I am Happy*





# Make a worry box

Have you got any worries that just won't go away?  
This special box can help you put your worries aside  
so you can get on with your day.

1 Write a label for your box.

2 Cut it out and stick it on your box with glue or tape. Ask an adult for help when using scissors.

3 Decorate your box with paints, stickers or anything else you can find.

4 When you have a worry, write it or draw it on a piece of paper.

5 Put the paper in the box and as you do it say, "I'm putting that worry away."

## You will need

- an empty shoe box
- glue or sticky tape
- paints and decorations
- paper and pencil



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## NOTE FOR PARENTS AND CARERS

Choose a quiet time to open up the worry box with children and look at what is inside. Ask if they are still worried. Talk about why they are worried, then put the 'worry' back in the box if you can't solve it completely. If the worry has gone away, they can rip up the piece of paper.

Adapted from: *Little Big Feelings: Sometimes I am Worried*

