

Difficulty rating: easy

Length of time it will take: 1 hour

# Happy Box or Jar

In collaboration with:

We've teamed up with The Happy News to create this feel-good Happy Jar. Fill it with anything that might uplift your mood when you need a little pick-me-up. Think inspiring quotes, uplifting lyrics, photos of loved ones - the possibilities are endless!

## Crafty shopping list

- Pens and crayons
- Small cardboard box or small glass jar
- Sheets of coloured paper to write on
- Scissors / Guillotine
- Ribbon, stickers and paint to decorate

## How to make your Happy Box or Jar

1. Decide how many positive notes you'd like in your box/jar - you can have as many or as little as you like.
2. Cut up coloured sheets of paper into whatever size or shape you'd like your notes to be.
3. Get creative! Write/doodle/paint/stitch your happy notes and quotes! Think about what you would like to hear on a 'not so great day'.
4. Fold up your notes several times and pop them into your box or jar.
5. Decorate your box or jar with whatever you feel like. Then it's ready for you to dip into when you need to.

Is your jar or box for somebody you know? Why not add a tag with their name on and remind them just how wonderful they are.

Thank you for taking part in Crafternoon, by fundraising at your Crafternoon you're making sure no one has to face a mental health problem alone.

If you have any feedback about your Crafternoon, what went well or ideas on how we can make it better, we'd love to hear from you.  
Email: [crafternoon@mind.org.uk](mailto:crafternoon@mind.org.uk) or telephone: 0300 999 3887

 **Crafternoon**

# Some inspirational ideas for your Happy Boxes and Jars

I draw flowers everyday on my iPhone and send them to my friends, so they get fresh flowers every morning.

David Hockney



But I know, somehow, that only when it is dark enough can you see the stars.

Martin Luther King Jr.

Fairy tales are more than true: not because they tell us that dragons exist, but because they tell us that dragons can be beaten.

Neil Gaiman, Coraline

Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says I'll try again tomorrow.

Mary Anne Radmacher



The best way to cheer yourself is to try to cheer someone else up.

Mark Twain

You will never have a completely bad day if you show kindness at least once.

Greg Henry Quinn

You may encounter many defeats, but you must not be defeated. In fact, it may be necessary to encounter the defeats, so you can know who you are, what you can rise from, how you can still come out of it.

Maya Angelou