

Happy box or jar

We've teamed up with The Happy News to create this feel-good happy jar. Fill it with anything that might lift your mood when you need a little pick-me-up. Think inspiring quotes, uplifting lyrics, photos of loved ones – anything that'll make you smile.

Difficulty rating: easy

Time to make: 1 hour

Crafty shopping list

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



In collaboration with:



Some inspirational quotes for your happy boxes and jars

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

Martin Luther King Jr.

“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

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

Greg Henry Quinn

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

David Hockney

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

Mark Twain



“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

Thank you for taking part in a crafting fundraiser.

You’re helping make sure no one has to face a mental health problem alone. Got a question about fundraising? We’d love to hear from you. Email: community@mind.org.uk Phone: 0300 999 3887.



mind.org.uk

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