



BRINKWORTH EARL DANBY'S CE PRIMARY SCHOOL

Serving the communities of Brinkworth and Dauntsey

Headteacher: Mrs L Hilliard

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Happiness Box Homework

To support pupils' emotional health and wellbeing, for homework this term we would like all pupils to create their own 'Happiness Box'.

Happiness Boxes may help children when they are feeling sad. We talk about our 'inner strength' when times are tough but this abstract concept may be difficult for some children to understand.

A Happiness Box may help them. It is a visible and physical way of creating what inner strength actually is, enabling them to practice strategies to cope with their emotions.

In the box they can see and physically touch the items, which may help bring them into a calm emotional state.

The joy of a Happiness Box is that it can be totally personalised to each child; they can put things that make them happy in their box. It could be; a soft toy, a book, a piece of music or a blanket that brings comfort.

A Happiness Box can be as large or small, as round or square as you want it to be.

Please see the pictures below:



Once you have made the box, it needs to be accessible to the child ready for when the need arises. The box should hopefully be soothing and enable children to regulate their own emotional state.

A Happiness Box has endless possibilities. It is low cost and designed to be personalised and deeply meaningful.

Please see the instructions on the back to find out how to make a Happiness Box.

We hope that you have fun in constructing your Happiness Boxes and we hope they make a contribution to promoting positive mental health.

If you wish to share your Happiness Boxes with your class, please email a photograph of your finished box to the appropriate class email address.

How to make a Happiness Box

Step 1

Shoebboxes are good because they have a lid. The lid makes it special because you cannot see what is inside, until the need to open it. It is also private, unless you want to share. The objects inside instantly remind you of 'happy' times, which help calm



Step 2

Ownership of the box is pivotal. The undecorated box is fine, but decorating it is a positive start of the relationship with the box. Decoration: painted/covered with paper/drawings/stickers



Step 3

Let the choice of objects be theirs. What makes you happy does not mean it will make them happy. Objects can range from: toy/material/family scarf/putty/photos - *pet/favourite person/home /themselves/holiday/mirror/Hairbrush/sensory object/mindfulness activities - colouring/postcards to colour & send/bubbles/card game/reminder notes - who or where to go to when feeling wobbly /book/ notes on how well they are doing*



Step 4

The box is ready to use. Introduce the box when you think it is a positive time to be received. Teach when to use the box, talk about times when feeling wobbly or wanting to screech/scream/run! Ensure the box is always accessible



Step 5

'Happiness' is a lovely term for a child/young person or student to understand, however, there is a deeper message you want them to learn. It is a box, which helps calm, helps to self-regulate and build their emotional resilience.

