**Happiness Jar (or cup)**



1. **Find a cup or jar.**
2. **Get some paper and cut into small squares.**
3. **Write down one thing you love to do on each note (sing songs, skip, paint, eat ice-cream).**
4. **Try coming up with 20 ideas.**
5. **Fold the notes and put them into your jar/cup.**
6. **Decorate your jar/cup with stickers or ribbon.**
7. **When you feel sad, worried or lonely, take a note and do it!**