

A Jar of Smiles

 Skills for Life

 Have fun

 5+ years



Duration:

30 minutes

You'll need:

- Paper
- Colour pencils
- Scissors
- One or two jars/pots/other containers

Focus

Stress, sadness and frustration are very real feelings that everyone has sometimes. It's ok to feel this way sometimes, especially when things are difficult. But there are things you can do to help yourself feel better when things are troubling you.

1. Talk about it – telling an adult, a friend, or anyone who cares about you, how you feel is important. It means that others can help you. Maybe you'll find out that other people feel the same way. Often, just saying what's on your mind helps you feel better – almost like magic!
2. Focus on something else – if we are feeling negative emotions, doing something we like, or telling ourselves something more positive can sometimes help us feel a bit better. It's important to be kind to ourselves when we are having a difficult time.

Why not swap your worries for a jar full of smiles?