Dear Parents,

We often talk about our inner strength. When times are difficult for us, we pull on that inner strength. That is an abstract concept that children may find difficult to comprehend. The Happiness Box is a visible and tangible way of creating, before the child's eyes, what inner strength may actually look like; it enables them to practice and rehearse strategies that help them cope with their emotions, resolve inner conflict, and bring them to a calm emotional state. In the box, they can see and physically touch the items, which helps bring them in a calm self soothe state of mind. Initially it could be with the support of their parent/carer, who prompts them to use something in the happiness box.

What might be in a Happiness Box? The joy of a Happiness Box is that it can be totally personalised to each child; they put in the box things that make them happy. It might be a piece of music; a photograph/picture, it might be a toy, a book, a prayer, a medal etc….. A Happiness Box can be as large or small, as round or square, as you want it to be.

The Happiness Box aims to help with the mental health of pupils in our class. In this box, pupils can put things in which give them comfort, security and impact positively on their overall mental well-being. Each pupil is being asked to make their own happiness at home as part of our PDMU learning.

All of the instructions and further information will be uploaded onto their Google Classroom. I am really looking forward to seeing all the photographs of their boxes and hearing all the stories about the different items/objects they have put in!

Thank you,

Mrs Kelly

