

5. Create Your Own Happy Jar

Enjoy the little things, for one day you may look back and realize they were the big things.

- Robert Brault (Writer)

Sometimes our minds play tricks on us. Have you ever noticed that when one thing goes wrong we tend to get stuck on that? All the brilliant little things that have happened seem to vanish and all we can think about is the one bad thing.

This is where the 'Create Your Own Happy' Jar comes in very handy. Happiness experts have discovered that two of the biggest secrets to happiness are actually VERY simple:

1. Notice the little things that make you happy
2. Express gratitude



Activity: Make a happy jar

It is so easy to make a 'Create Your Own Happy' Jar - a place to keep a record of all the little amazing things that happen.

YOU WILL NEED:

- A jam jar with a lid
- Colouring pens or permanent markers
- plain paper or sticky labels
- Glue or sellotape
- Stickers (optional)
- Small pieces of paper
- A pen



Soak the jam jar in hot soapy water to remove the label and let it dry out.

In the meantime colour or design your own label. This could be on a piece of paper you stick onto the jar, a plain sticky label or if you have permanent markers, you could draw straight onto the glass.

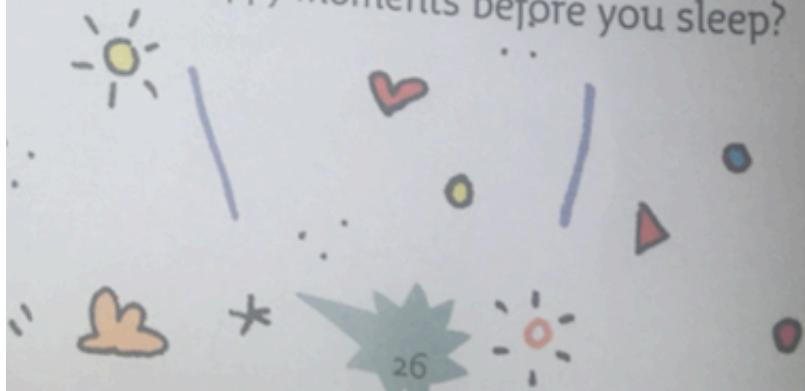
If you have stickers you could decorate your jar with them too. Your jar needs to be something that totally grabs your attention and feels full of happy.

Next, take some small pieces of paper and think of the awesome things that have happened to you in the last week. Remember they don't have to be big things. Here are some ideas to get you started:

- Getting a smile from someone special
- Hearing a favourite song play on the radio
- Receiving praise from a teacher
- Seeing a rainbow
- Inventing a new game
- Laughing at a funny joke
- Learning something new
- Experiencing a lovely smell
- Reaching a new level in a game
- Enjoying some good weather

Even on a really bad day, remember tomorrow is a new day, and you can always write: 'I survived a really tough day today.'

Make sure your jar is somewhere where you will see it every day - maybe by your bed so you can record the happy moments before you sleep?



colour me!

So how did it go?

Look back at your jar after a week, a month. Are you surprised by the things you had forgotten about? How does it feel to remember the awesome stuff?

How it works

Sometimes we become so fixed on the big things in life that we forget to celebrate the little moments of happy. As the quote reminds us above, sometimes the little things are just as important as the big things. If we remember to notice and be grateful for all the little moments of happy, it gives us a huge mood boost, which helps us feel more positive when things don't go to plan. Sometimes we have to train our brains to focus on the happy!

Create your own happy...

...by looking in your jar from time to time and remembering all the brilliant things you have done. You could make a note to remind yourself in a diary or calendar.