



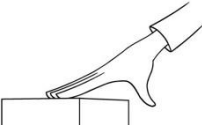


# Well-being: The 'happy box'

# worksheet

Choose what to put in your 'happy box' to help you feel calm. Write at least one thing for each of the five senses.

<p><b>Sight:</b></p> 	<p><b>Smell:</b></p> 
<p><b>Hearing:</b></p> 	<p><b>Taste:</b></p> 
<p><b>Touch:</b></p> 	<p><b>Decorate your 'happy box'.</b></p> 