






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