

Build a Wellbeing Box



You will need

- Coloured Pens or Pencils
- Paper or Postcards
- Scissors
- Craft Materials (of your choice)
- A Shoe Box (or similar)
- Treasures (items to fill your wellbeing box)

Before you begin

Have a think what size and shape box you want to use.

Have a go

1. Think about the kind of words or messages that make you feel good. These could be favourite quotes or a song lyric.
2. Write the messages on cut up pieces of paper or postcards.
3. Think about objects that you have that make you feel happy. You should choose things that are small enough to fit into the box,

Some examples might be:

- A favourite book
- A small toy
- Funny pictures cut from a magazine
- Family photos
- Letters from friends
- A list of your favourite films
- Nice smelling products etc.

Set your objects and messages aside.

4. Now decorate your box.
Use any materials that you have that inspire you, make you feel happy, safe and calm. BE CREATIVE!



Additional Information

Once your box is decorated to your satisfaction, allow any wet paint or glue to fully dry and then fill it with the messages you wrote earlier and the treasures you found.



You now have a box of treasured memories...

Reflection

This activity (hopefully) has made you happy and so boosted your wellbeing.

- Why did you choose the things you picked as your treasures?
- What made you write the words of your messages?
- How do you feel now you have completed making your wellbeing box?

Its a good idea to keep your box in your bedroom and use it to remind you of things that make you happy, you can add more to your box at any time in the future – its your box...



Safety

Glue and solvents – make sure you use glue in a well-ventilated room and be aware of medical conditions which could be affected by glue or solvent use and make adjustments as needed. Make sure an adult helps you choose the correct paint to use. Make sure you protect the surface you are working on with newspaper or other covers to prevent damage. Take care when using scissors or ask for help from an adult.

All Activities are taken from the Scout Association's Great IN Doors programme.