

Make Your Own Happy Jar

Making a Happy Jar is a quick activity that encourages children to regularly focus on the little things that make them happy. It is ideal for a classroom because it doesn't require expensive resources. It would be a brilliant idea for the start of a new year, as it is a good way to get to know a new class.

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

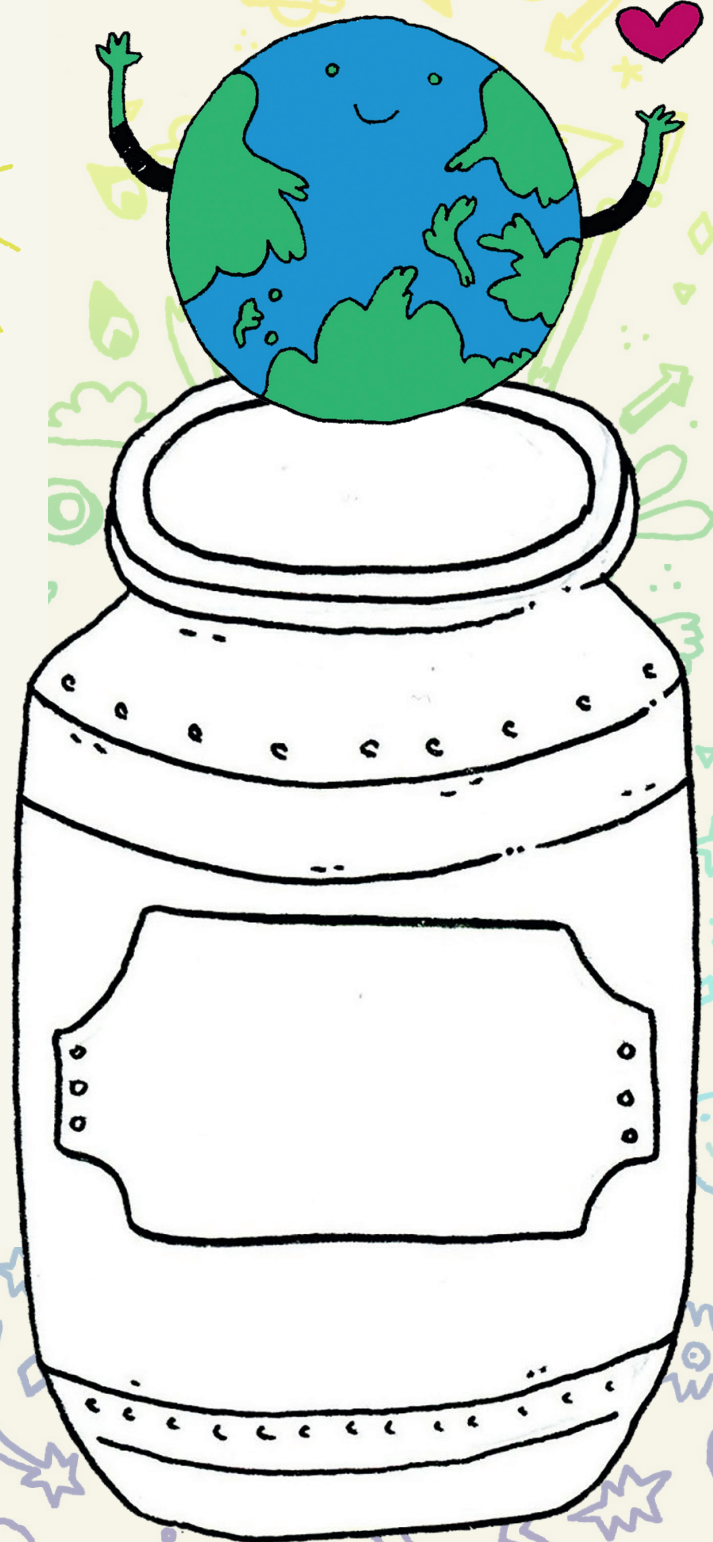
Robert Brault (writer)

Evaluation

After a few weeks or at the end of term, evaluate the process. The children could read through all the things that made them happy. Have they remembered to add things into their Happy Jar? Were they big or little things? Which thing has made them the happiest? Did anything surprise them? Has it changed their behaviour? Will they carry on?

Find out what it is that makes them happy, or to have as a focus after the holidays.

This would also be a calm activity for the end of term and would give the children a focus during those last few days when everyone is tired and grumpy. Children could make their own Happy Jar to take with them over the holidays and bring back full of all the things that made them happy.



Teacher
Resources
for

Create your Own Happy

by Penny Alexander and Becky-Goddard Hill
collins.co.uk/createyourownhappy | #CYOHAPPY

Activity 1 - Circle Time

Objectives

English/1a listen and respond appropriately to adults and their peers

English/1d articulate and justify answers, arguments and opinions

Activity

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

Robert Brault (writer)

Read the quote from Robert Brault. What do you think he means by the 'little things'? What little things make you happy? Discuss what might make you want to look back on your life.

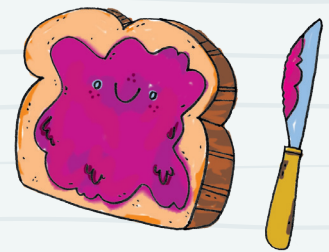
Think about one little thing that makes you happy and share it with your class. You could make a list on the board of everyone's little thing.

If you, as a class, could only keep three of the things from the whole list, what would they be? Come up with arguments for which things should be kept and take a vote to see which three things are the most popular.

Suggestion

Play a game where the children take turns to say what makes them happy then remember what each other person has said before them.

Pair the children up to each list five things that make them happy. Encourage the children to listen carefully to their partner's ideas so they can present them to the rest of the class.



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Activity 2 - Class Display

Objectives

Ar2/1.2 to improve mastery of art and design techniques, including drawing, painting and sculpture with a range of materials.

Activity

With your class, make a display on the wall where you can all record the happy things that happen to you. You could each draw a picture of a happy thing to create a border for the display.

At the end of each day, reflect on what has made you happy and write or draw it onto a sticky note to add to the display.

Suggestions

The display could include a large glass jar, drawn onto white paper using the illustration from the page 27 of the book.

Coat the picture of the jar in sticky back plastic and let the children write their ideas on with a white board pen. These could be rubbed off and new ones written each week.

You could include the quote from Robert Brault at the top of the display.

Leave a set of sticky notes nearby so the children can add their ideas for what has made them happy whenever they want.

Make a permanent display by getting the children to draw pictures, or bring in photos, of the things that make them happy.



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the big things."**

Robert Brault (writer)



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Activity 3 - Design a Happy Jar

Objectives

DT2/1.2b select from and use a wider range of materials and components, including construction materials, textiles and ingredients, according to their functional properties and aesthetic qualities.

Activity



A Happy Jar is somewhere you can record the little everyday things that make you happy. Design your own Happy Jar. Think about what colours make you happy, and what pictures or motifs. Look at the cover of the book *Create Your Own Happy*. Why do you think the illustrator used those colours and motifs? Do they make you feel happy?

Draw two or three designs for your Happy Jar and choose your favourite one to make, using a clean jam jar from home or a small plastic drinks bottle or small cardboard box.

Evaluate your finished design. Does it make you feel happy? What motifs did you use to make you feel happy?

At the end of each day, reflect on what has made you happy, then write it on a piece of paper and put it in your jar.

Suggestions

Link to maths and use a net to make a 3D box to use for the Happy Jar.

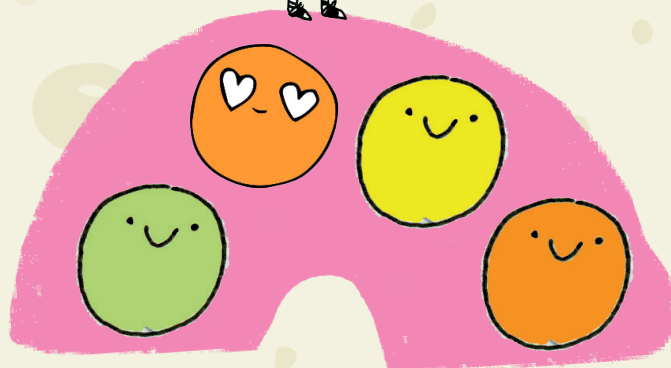
Give the children a range of materials to use: permanent markers, string, fabric, buttons, small pieces of paper to stick onto their jar. Alternatively they could use a piece of paper to wrap around the jar and decorate it using pens or coloured pencils.



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Activity 4 - Class Happy Jar

Objectives

DT2/1.2b select from and use a wider range of materials and components, including construction materials, textiles and ingredients, according to their functional properties and aesthetic qualities.

Activity

Make a class Happy Jar and display it on the teacher's desk or in another prominent place.

Discuss which class activities make you happy. Record all of these on a piece of paper or a lolly stick and place them in the jar.

Suggestion

You could link this to classroom rewards. When the children have enough points they could choose an idea from the jar. Ideas could include: having five minutes' extra play time, free choice sports equipment, pyjama day, video, 'naughty' snack, watching a film, or doing art.

Alternatively, you could have ideas for brain breaks when the children need to do something active in the middle of lessons. Ideas could include: yoga, dancing to their favourite song, singing silly action songs (Head, Shoulders, Knees, and Toes; Father Abraham), or games (duck, duck goose; musical statues).



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