

GO BEYOND AT HOME!

Build a mood-boosting box full of positive messages and interesting items that you can open whenever you need a boost!

You will need:

- Coloured pens or pencils
- A4 paper
- Glue Sticks
- Scissors
- Craft materials (e.g. tissue paper, pipe cleaners, stickers)
- Cardboard box (why not use a shoebox or a cereal box?)
- Items to fill your mood-boosting box

Step 1:

Decorate your box with your favourite colours and pictures!

Step 2:

Fill your box with messages, activities and things to make you happy!

Step 3:

Seal your box ready to open when you need it!

Watch [this video](#) from the Scout's Association for more information on how to build your box using the five ways to wellbeing: Connect; Be Active; Take Notice; Learn; and Give!

