

## Create a Happy Box

The idea behind a happy box is that when a person is feeling distressed, anxious or agitated it can help them feel better.

Everyone responds differently to different things so a happy box needs to be personalised.

Creating a happy box can be a really fun activity.

It doesn't have to be a box you could use a bag or scrap book.

Include anything that brings joy or acts as a distraction.

Keep the happy box in a place where you can access it whenever you might need it.

## Try including items to soothe the senses:

