

A CREATIVE PROJECT

Joy Hunt

Explore your house and garden to find things that make you happy. Either write them down or draw pictures. Keep this list somewhere safe and come back to it after a few days ... have you got anything new to add?



- ① something outside that you enjoy looking at
- ② something that is useful for you
- ③ something that is your favourite colour
- ④ something that you know someone else will enjoy
- ⑤ something that makes you happy
- ⑥ something that tastes good
- ⑦ something that you enjoy doing outside with your friends or family
- ⑧ something that smells amazing
- ⑨ something new
- ⑩ something that makes you feel safe
- ⑪ something that makes a beautiful sound
- ⑫ someone that you are grateful for
- ⑬ something that is unique to you
- ⑭ something that makes you laugh
- ⑮ a friend/pet you enjoy spending time with
- ⑯ your favourite place to spend time alone
- ⑰ something that reminds you of the people you love
- ⑱ a place that you love