

My Better Day Box



- Take any box and decorate it using paints, markers, glitter or pictures.
- Use the label below or design your own to place on the front of your box
- Add healthy items to help YOU make your day better

In the boxes below write down something you do that makes you feel good, a positive reminder of how special you are, what you can do to help cope with a feeling

 <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	 <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	 <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
--	--	--