

Tool Kit



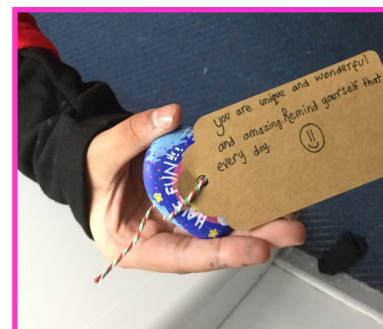
A tool kit contains different tools for different jobs. Sometimes we need different tools to help us regulate strong emotions.

We picked five negative emotions that the children might feel: anger, loneliness, sadness, worry and feeling scared. The children created a tool kit of things they can do, which they have learnt over this term's Happiness Project, if they are feeling one of these negative emotions to help them move towards a more positive one.



Celebration Week

We wanted to spread the messages of happiness to others so the children designed and decorated stones. They attached messages showing what they'd learned during the project. They then left the stones in places to be found over the Christmas holidays with our email address on the back...



We got lots of responses from around the world!

Hello, We are emailing as we were gifted a decorated stone from Arthur as part of his happiness project. We received this while we were skiing in Bulgaria. We wanted to thank Arthur for his generosity, and for spreading a little happiness.

Many thanks

Jack and Chloe Davies, Age 9 from South Wales

Good morning

I am at Heathrow Airport working into the early hours taking down Christmas decorations, and I have found your stone under a Christmas tree.

It is in the British Airways check in area and I just wanted to say that it put a smile on my face.

Kind regards, Diane