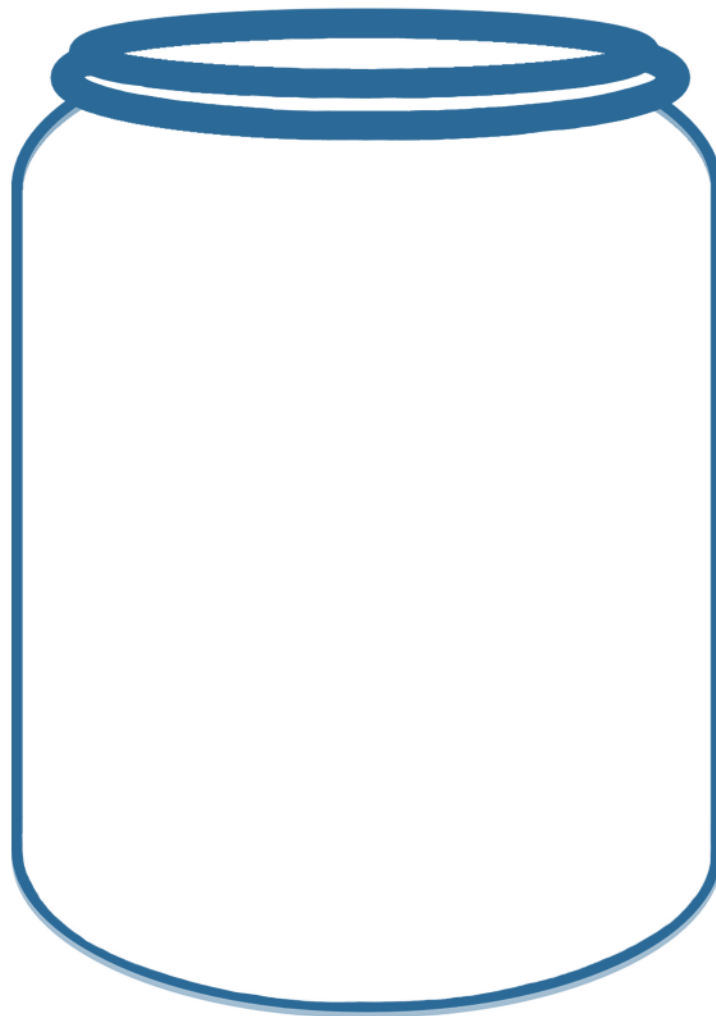




Top thing to do at home

Capture
positive
thoughts



You will need

A pen and some positive thinking

Use this space inside the jar to write good things that have happened to you or thoughts or things that make you happy.

Writing them inside the jar will capture them together. Come back to this card when you're feeling low and read the things that make you happy.

A constant reminder of the things that make you happy in your life.



Find out more at
www.dnaire.org.uk

