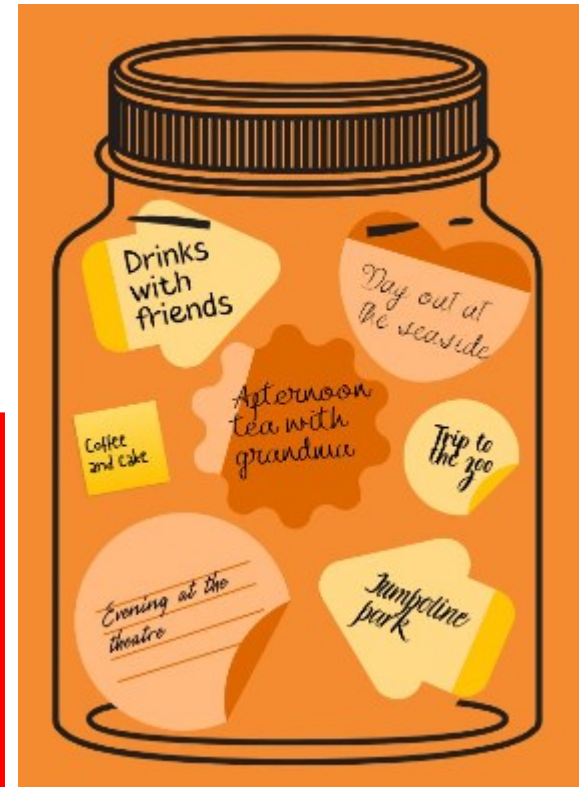


Having things to look forward to can make you feel happier and improve your mood and wellbeing. Each time you think of something you would like to do in the future, write it on a piece of paper and place it in your decorated jar.



You will need

Glass or plastic jar	sticky label or strip of paper
Scissors	tissue or coloured paper
Paintbrush	pencil
White glue	paper



When all of this is over you will then have a jar full of wonderful things to see and do. Until then watch your jar fill with magical things to look forward to.



WISH JAR