

# HAPPINESS Bank

Fill this heart-shaped bank with your daily dose of HAPPY! This mindful craft is a great tool for practicing positivity and gratitude.

## GETTING STARTED

Decorate the front of your bank with a few cute accent stickers.

**Note:** You will want to save most of the stickers for your cards and notes.

## COLLECT HAPPY MOMENTS

Choose a card or slip of paper to jot down and reflect on a smile-inducing moment or something you are thankful for. This practice helps you find a little joy in each day.

### CARDS



Need ideas? Use the word stickers and writing prompts. When you are finished, decorate your note with fun stickers and doodles.

### PAPER SCROLLS



Write your message on the slip of paper. Roll up the paper like a scroll then seal it with a rectangle sticker.



Slip your card and scrolls into the slot.  
Continue this practice regularly to develop an attitude of gratitude.

**Fun Idea:** Make it a family activity so everyone can add their happy notes to the bank!



## READ & REFLECT

When your bank is full, or when you need a little dose of happy, it's time to open your bank! Read your notes and reflect on all the beautiful, funny and happy moments in your life. Studies show that this positive practice boosts your mood and improves your well-being. We hope this mindful craft has filled your heart and your bank with joy and happiness!



## MORE GRATITUDE PROMPTS

- Best part of today was...
- Today I helped...
- My favorite food/animal/place/book is...
- What makes me smile?
- I feel happy when...
- Who inspires me?
- I am proud of myself for...
- I'm thankful for...
- My favorite memory is...
- I am looking forward to...
- My fave thing to do is...
- Who makes me feel special?



## LOVED THIS KIT?

Look for more Welcome to My Happy Place kits at  
[www.creativityforkids.com](http://www.creativityforkids.com)

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### Need Help?

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