

Happiness Toolkit Event

Come and build your own Kit on Friday April 14th at lunch in the main Quad!

Make up your own kit to remind you that sometimes, happiness and joy can be found in the smallest things.



Examples:

Coin- To remind you, that just like a coin has two sides, there's two sides to every story!

Cotton Balls- To remind you that you need cushioned support from your friends!

Q-Tips- To clean out the resentment from your mind and heart!

Rubber Bands- To remind you to be more flexible!

Puzzle Pieces- To remind you that without you the puzzle would not be complete!

Paper Clips- To remind you not to fall apart when you are faced with a challenge!

Gloves- To remind you to treat yourself with tender loving care!

Velcro- To remind you to stick with a support person in times of sorrow and also in times of joy!

Slinky- To remind you that a setback is a setup for a comeback!

Comics Clippings- To remind you to laugh as life is too serious to be taken seriously!

Crayons- To be the color to someone's gray!

Hershey Kiss and Hug- To remind you affections makes everyone happier!



"The best way to cheer yourself up is to try to cheer somebody else up," by Mark Twain.