

# Be creative

Find a box, an old shoebox would even do

Decorate the outside of the box some of your favourite things.

Now for in the box,  
what will we put in it?.....

Anything that makes you smile or gives you a warm feeling.

Maybe as you read this you think that's easier said than done, try and not get despondent, to create your comfort box can take weeks, to find the right items for you.

In my box I have .....

- a bar of chocolate
- my favourite video
- my favourite cd
- some pictures of daffodils (my favourite flowers in the whole wide world)
- a postcard of the sea
- some shells
- a book
- my perfume "Poemme", love smelling it
- a bottle of bubble bath

My box sits under my bed it's there when I need it.

So have a go see what you can put in your box that will bring you comfort and make you smile!