

*A happy heart makes
the face cheerful...*

Proverbs 15:13



When we feel happy our face looks cheerful and cheers up those around us too.

Of course, we don't go round smiling all the time, however we can do things to cheer ourselves up when we need to.

One of the things you could do is make a 'happy box'. Any box with a lid will do, a shoe box is a good example. You could even decorate it. Put inside things that make you feel happy; photos of family, friends or pets, a special object, a poem or words to a favourite song. You can get your box out and look through these things anytime you feel you need a extra bit of cheer. You could even copy out this week's Bible verse and pop that in too.

Dear Father,

Thank you that you are always with us, thank you that you are with me when I'm happy and also when I need an extra bit of cheer.

Help me to spread cheer to others too, they may especially need it today. Help me to remember that a smile goes a long way and could make someone else's day.

In Jesus' name,

Amen