

Sock it to Stigma Happy Cube

Make a **Happy Cube** where you can put your personal happy memories to make you smile. When you feel low, you can reach for your box and lift the lid to remind yourself what makes you happy.

1. Decorate and draw on the box
2. Cut along the outside
3. Fold along all the lines
4. Fold small flaps and glue box together
5. Write happy things on the hearts
6. Cut them out and put them in your box!

