



Activity 103

Comfort Box

Spiritual Development: To investigate the things that can provide comfort and positive self-talk to us.

You will need – Empty matchboxes, paper, glue, felt tip pens, scissors, variety of art and craft materials.

Activity – This activity is designed to make something that you can easily carry around with you to remind you to use positive self-talk if you are feeling worried or unsettled. Firstly, decorate your matchbox with paper. Think of an emotion that may cause you to worry or feel negative e.g. jealousy. Write on the top of the matchbox 'My Comfort Box' and add the emotion you need positive self-talk with in this example, jealousy. Decorate the outside. Now open the match box and in the inside add words and pictures of comfort that you can say to yourself e.g. everything will be ok, I have lots of things to be thankful for, feel good about yourself etc. You can add small objects such as a star to support your feelings. You can make a comfort box for many emotions and feelings e.g. anxiety, loneliness, self-confidence, anger and being fearful.

