



## **Well Being Box Information**

**This box is for you to store things that are precious to you.**

- **Photographs**
- **Pictures**
- **Things to hold, smell, feel, listen to and taste.**

**Ideas:**

**Objects from nature like a shell or wood.**

**Objects that belong to you like your favourite perfume.**

**Objects that bring back good memories such as holiday trinkets.**

- **Poems**
- **Bible verses**
- **Music**
- **Art materials**
- **Notebook and pen**

**You can bring this box along to Stories for the Soul sessions or you might like to use this box at other times by yourself or with other people.**