

SMILE BOX

Instructions & Printables

What's a Smile Box? It's a way to share some compassion through small, simple gifts... all in an effort to make another person smile. Maybe that person is a single neighbor, or your bestie, or a relative you don't see often, or maybe a member of our military living overseas. Whether it takes you minutes to throw together or hours to assemble, \$0 or many \$\$, it's the resulting smile that matters.

We gathered feedback from our social media community to come up with the four themes that are described below. Along with each of the themes are suggestions for what you could include in the box, to symbolize that theme. However, these are *suggestions*... use your imagination!

LIGHT

Especially on the darker days, it's nice to know that there's light.

Suggestions: candle, flashlight, list of ideas to spark a business venture, a glow necklace

COLOR

Inspire a vibrant life through a palette of colors that bring joy, calmness, or peace.

Suggestions: an original work of art, crayons or markers, a colorful scarf, tickets to a painting class or art museum

WARMTH

Maybe it's physical warmth or maybe it's spiritual warmth - both are essential.

Suggestions: stocking cap, blanket, hand warmers, hot cocoa, a handwritten letter

NOURISHMENT

Whether it's the mind, body, or soul... it's important to nourish all three.

Suggestions: cup of instant soup, a thought-provoking book, some chocolates, a jigsaw puzzle, a restaurant gift card

INSTRUCTIONS:

1. Read through these instructions and suggestions, then gather your items.
2. Buy a box to put everything in, or reuse one you have on hand. Optional: decorate the box!
3. Print the next page and include it in your box.
4. Ship or hand-deliver the box to your person.
5. Smile, because you just brightened someone's day!



Hello! This is a SMILE BOX

TO:

FROM:

This Smile Box is meant to bring joy to your day and a smile to your face. It's a simple thing to let you know that I'm thinking of you!

LIGHT

Especially on the darker days, it's nice to be reminded that there's light. In this box, I've included:

to represent light.

COLOR

Life should be inspired by a palette of colors that bring joy, calmness, and peace. In this box, I've included:

to represent color.

WARMTH

It's essential to be kept warm - inside and out. In this box, I've included:

to represent warmth.

NOURISHMENT

Whether it's the mind, body, or soul... it's important to nourish all three. In this box, I've included:

to represent nourishment.

Did this make you smile?

Awesome! If you feel so inclined, please share your happy thoughts or even a snapshot of your smiling face on social media. #smilesforjake #wearealljake

Interested in paying it forward?

Details and instructions for making a Smile Box can be found at SmilesForJake.org.

What is Smiles for Jake?

Smiles for Jake is a suicide prevention movement that spreads positivity through life-affirming actions, listening ears, and the message that everyone should have hope.

