



## A Guide to being less Miserable

Poor Aunt Bertha, she is soooooo miserable, nothing seems to cheer her up  
Her nephew Bill tries his best with music, chocolates, feeding the ducks, even a new dress  
Aunt Bertha continues to be glum

Missions to make someone smile can be quite tricky  
Especially if, like Aunt Bertha, they're very picky  
But, as Bill discovers, a bit of imagination can lead to success  
So, don't let anyone be miserable this Christmas  
Just follow these five steps

### Step One

**Watch** Miserable Aunt Bertha with a grown up

### Step Two

**Make your most miserable face** (saddest eyebrows, miserable frown, melancholic mouth) and in your most miserable voice say to each other 'There is nothing on earth that fills me with joy'. Keep doing it until one of you laughs.

### Step Three

**Think about a grown up you know who could do with a smile.** They may be family, a teacher a neighbour or friend. Write and draw everything you love that cheers you up. It might be a colourful rainbow, a mischievous bug, a favourite joke or a hilarious song. Write each thing on a different bit of paper.

### Step Four

**Find an empty container,** a washed out jam jar, an old bowl, an empty cereal box or a disused shoe. Fill it to the brim with all the pieces of paper you've written and drawn on. Decorate it with your favourite things and label it with the name of the person you want to cheer up.

### Step Five

**Give your fantastic decorated gift...** to your chosen grown up if they are nearby. Post it if they're not. Tell them it's their very own jar of nothing. That if they ever begin to feel a little bit miserable they can reach inside and pick something that will turn their frown upside down.

**Don't let anyone be miserable!**