

YOU'VE
BEEN
MISSED

FEELING
HAPPY



What is feeling happy?

Happiness is a feeling that can make us feel good. We can feel happy for lots of different reasons, for example, when someone says something kind to us, when we are kind to other people or when we are having fun. We can tell a person is happy because they might be smiling, laughing or full of energy



ACTIVITY

Why do you think the child in the picture might be happy? Draw or write about it below.



What makes us feel happy?

People feel happy for lots of different reasons and we can all feel happy about different things. Here are some examples of when we might feel happy:



1: Playing with our friends



2: Having a favourite food or treat



3: Getting praise



4: Doing something we enjoy



5: Spending time with family, loved ones and pets

REMEMBER:
By being kind to people
we can help people to
feel happy.

ACTIVITY

Think of a time when you felt happy. What made you feel happy? Draw or write about it below.

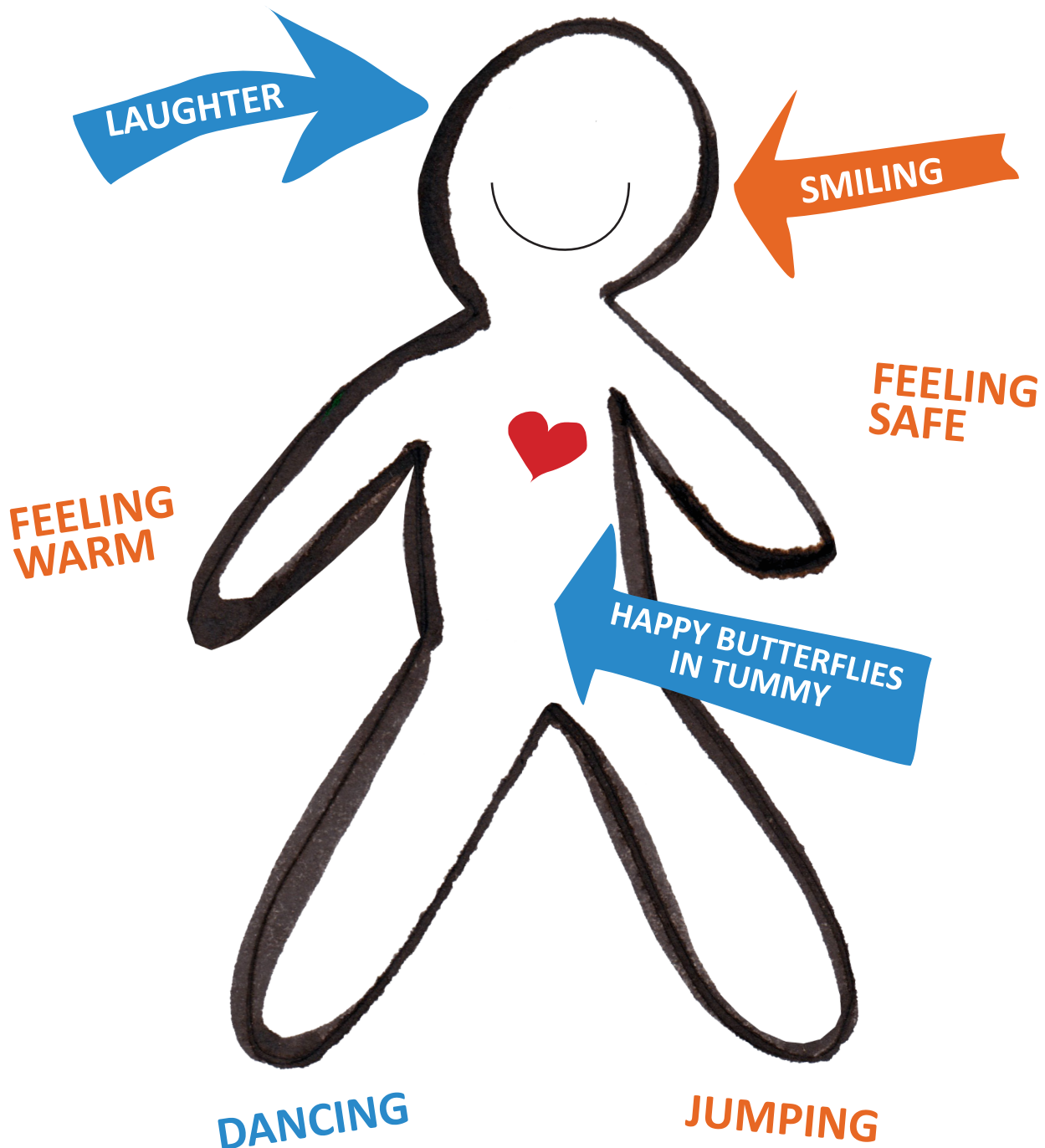


What happens to us when we are happy?

Feeling happy can make us want to spend time with our friends and family. We can feel happy when we do things that we enjoy.

Just like when we are feeling angry, worried or sad our bodies give signals to let us know when we are feeling happy.

For example:



ACTIVITY

Think of this as your body. Draw, write or colour where you feel happiness in your body. Think from the top of your head to the tips of your toes, both inside and out!



REMEMBER:

Knowing how you feel,
can help you know how
to manage your
feelings.

What can we do to feel happy?

We don't always feel happy. Sometimes things may happen which can cause us to feel other emotions. By doing things that we like or that make us feel good, we can often change how we feel and help ourselves to feel happy again.

Here are some examples:



- 1:**
Talking to an adult that we trust about how we feel.



- 2:**
Making or doing something creative.



- 3:**
Reading a book or watching a movie.



- 4:**
Doing something we enjoy such as: playing a sport, drawing, singing, gaming or dancing.

ACTIVITY

When you are not feeling happy what helps you to feel happy again? Write or draw your answers below.



Sometimes other people may not feel happy and if we notice this, we can try to help them. Helping other people is a kind thing to do and this can make us feel happy as well.

ACTIVITY

How can you make someone else happy who may be feeling unhappy? Draw or write about it below.



TOP TIP:

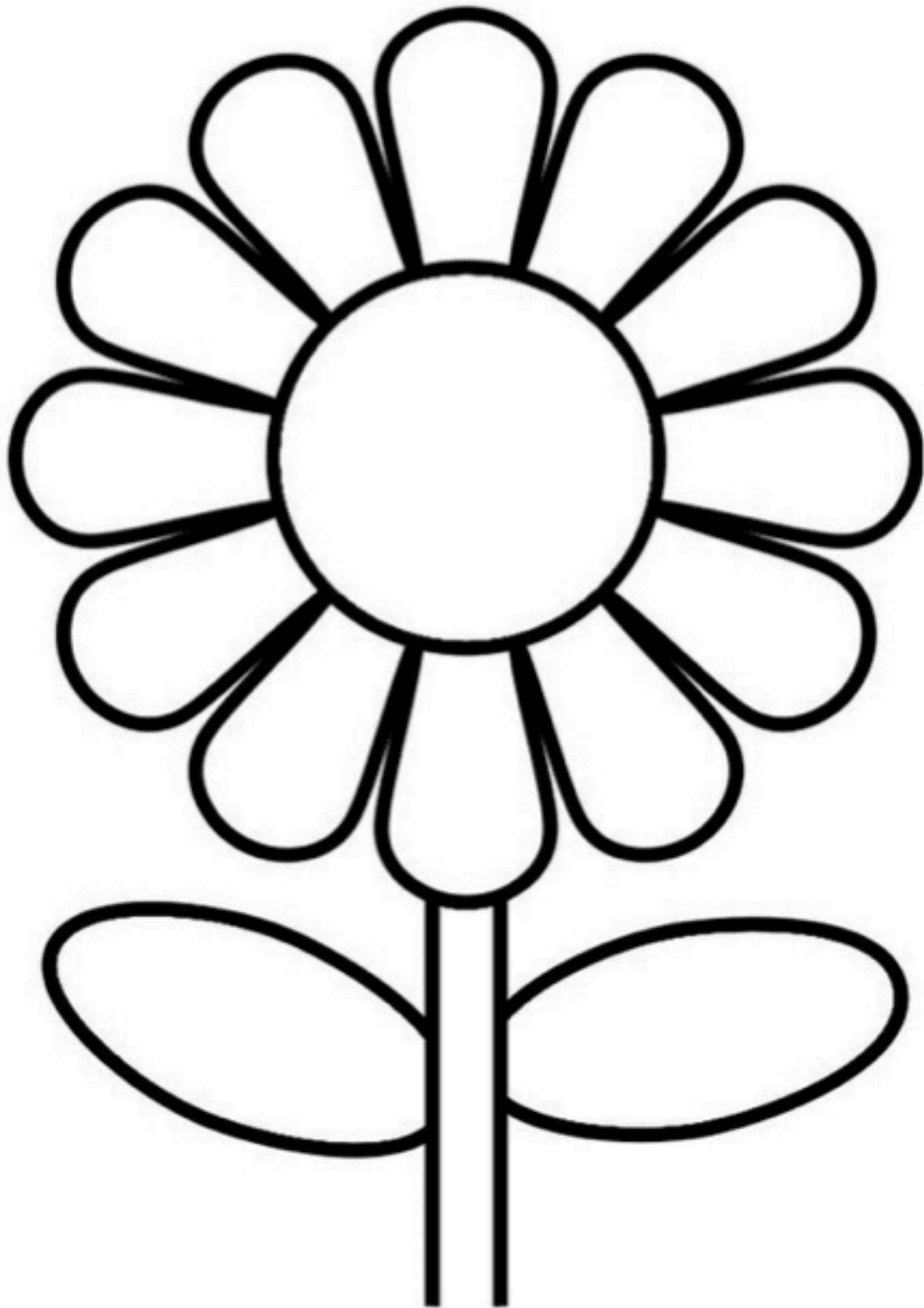
We all have different emotions, and this is okay. It is important to find out what helps when we feel overwhelmed by our emotions.

Activities to help us feel happy

Let us think of things we can do that make us feel happy!

ACTIVITY: Happy Flower

Colour the flower in below and write something that makes you happy on each petal.
When you want to feel happy, try doing one of these things.



ACTIVITY: Happiness Diary

Each week try and think of a time when you felt happy and why? You can also include times where you made someone else feel happy. Did it make you feel happy too?



DAY / TIME (e.g. Monday morning)	WHAT MADE YOU HAPPY?	LEVEL OF HAPPY 1-10 (1 being the least happy 10 being the most)	HOW DID YOU FEEL?

ACTIVITY: Happy Box / Book

Create a happy box / scrap book of things that mean a lot to you. You can add pictures of your favourite memories, activities, experiences, thoughts and pictures (or names) of people that make you feel happy. Consider including notes of why these things or people make you happy.



ACTIVITY: Positive Times

It can be helpful to think of positive things.

Complete the shapes below.

Ask a parent or carer to help you cut out the shapes on the next couple of pages so you can keep them with you for when you need a reminder!



**I am happiest
when:**

**My happiest
memory is:**

**The activity I
really enjoy:**

**This person
cheers me up:**

My

.....

**makes me feel
happy!**

**A time when I
felt proud was:**

I am good at: