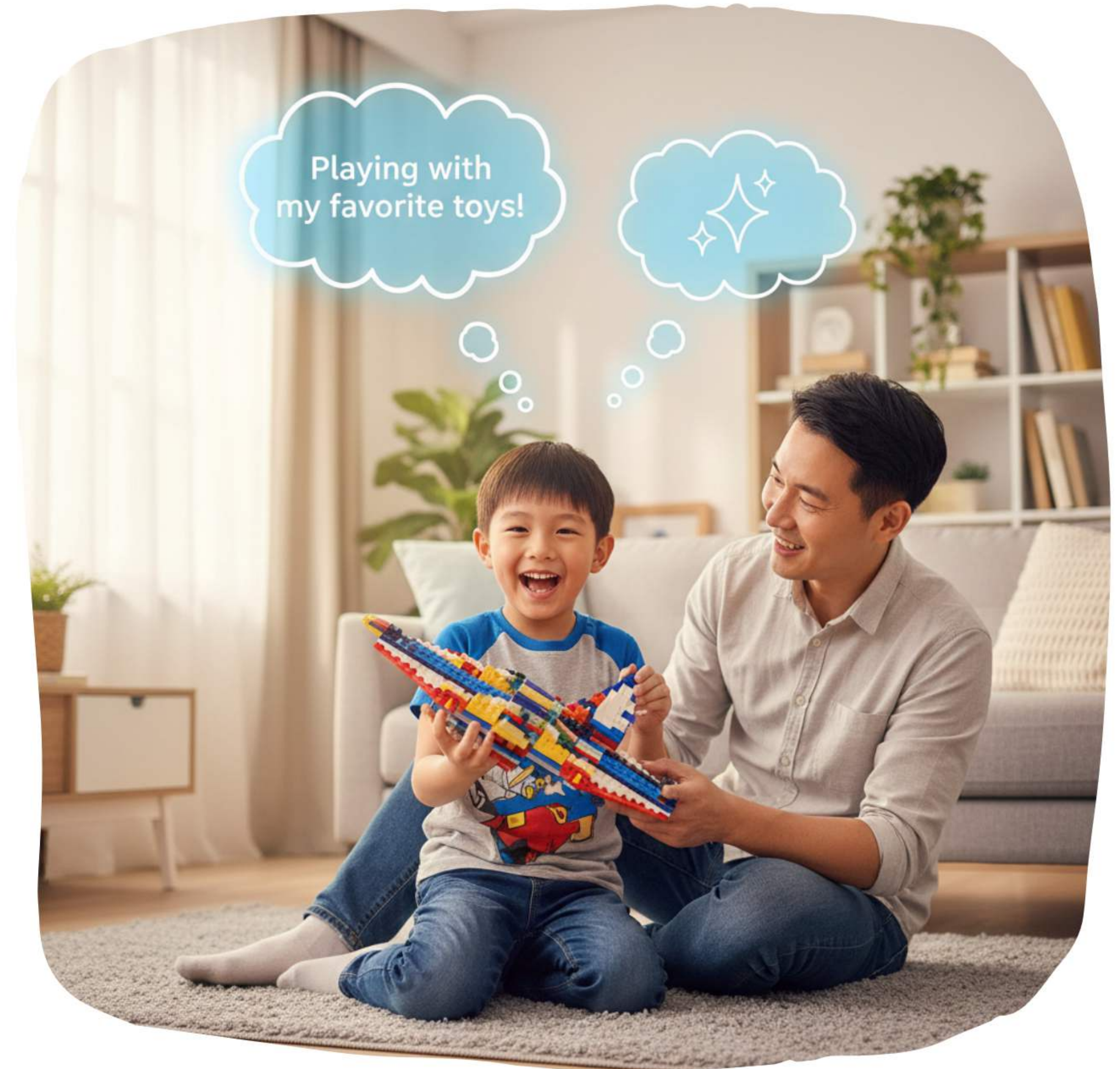


“Every day has little moments that can make me feel happy.”



“Sometimes joy comes from big things, like playing with my favorite toys.”



“Sometimes joy comes from small things, like a warm hug or a soft breeze.”



“Joy can surprise me when I least expect it.”



“I can look around and find tiny things that make my heart feel light.”



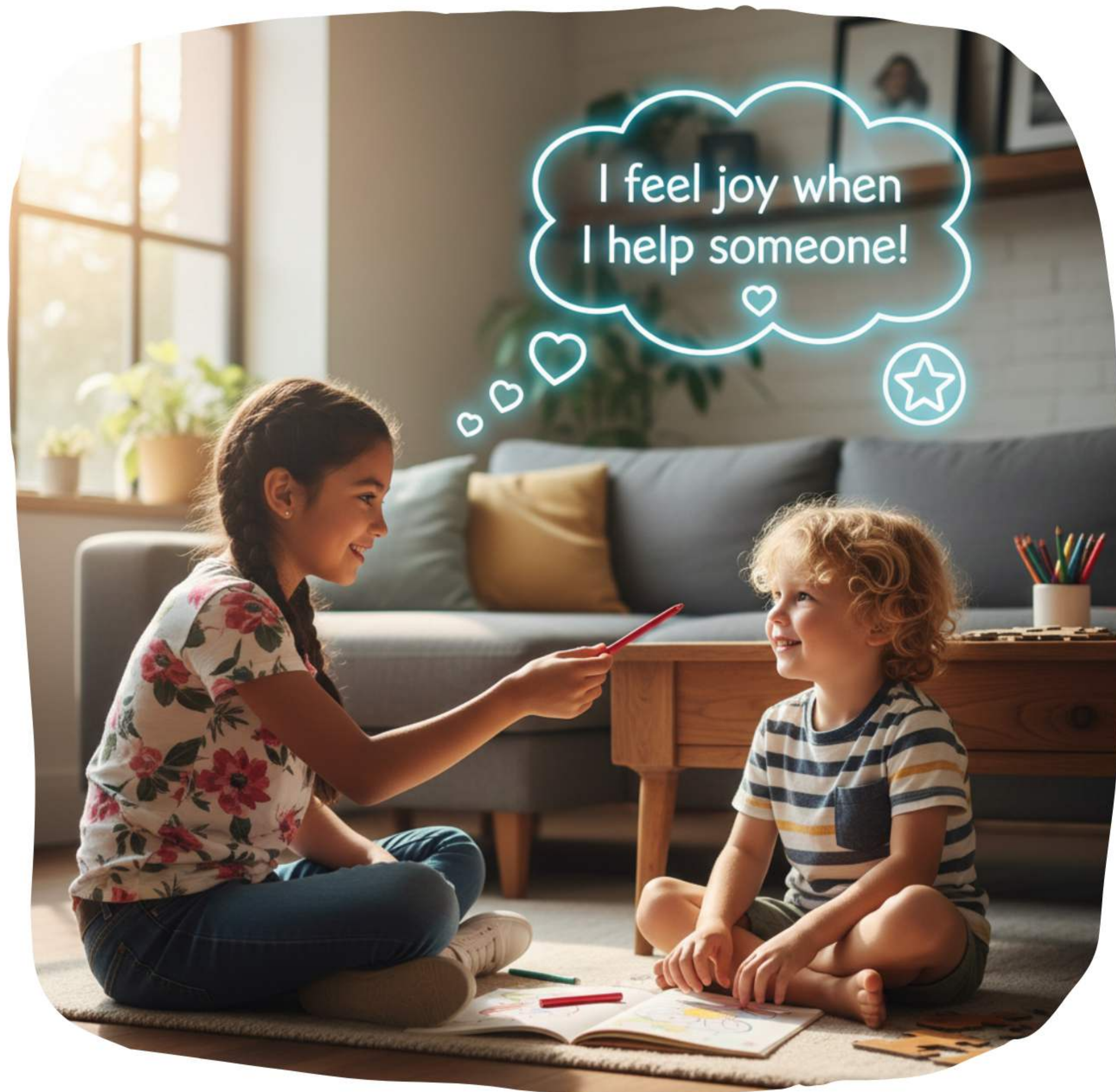
“I feel joy when I laugh or play with someone I like.”



“I feel joy when I learn something new or try something fun.”



“I feel joy when someone smiles at me.”



“I feel joy when I help someone or do something kind.”



“Sometimes joy feels calm, like sitting quietly and relaxing.”



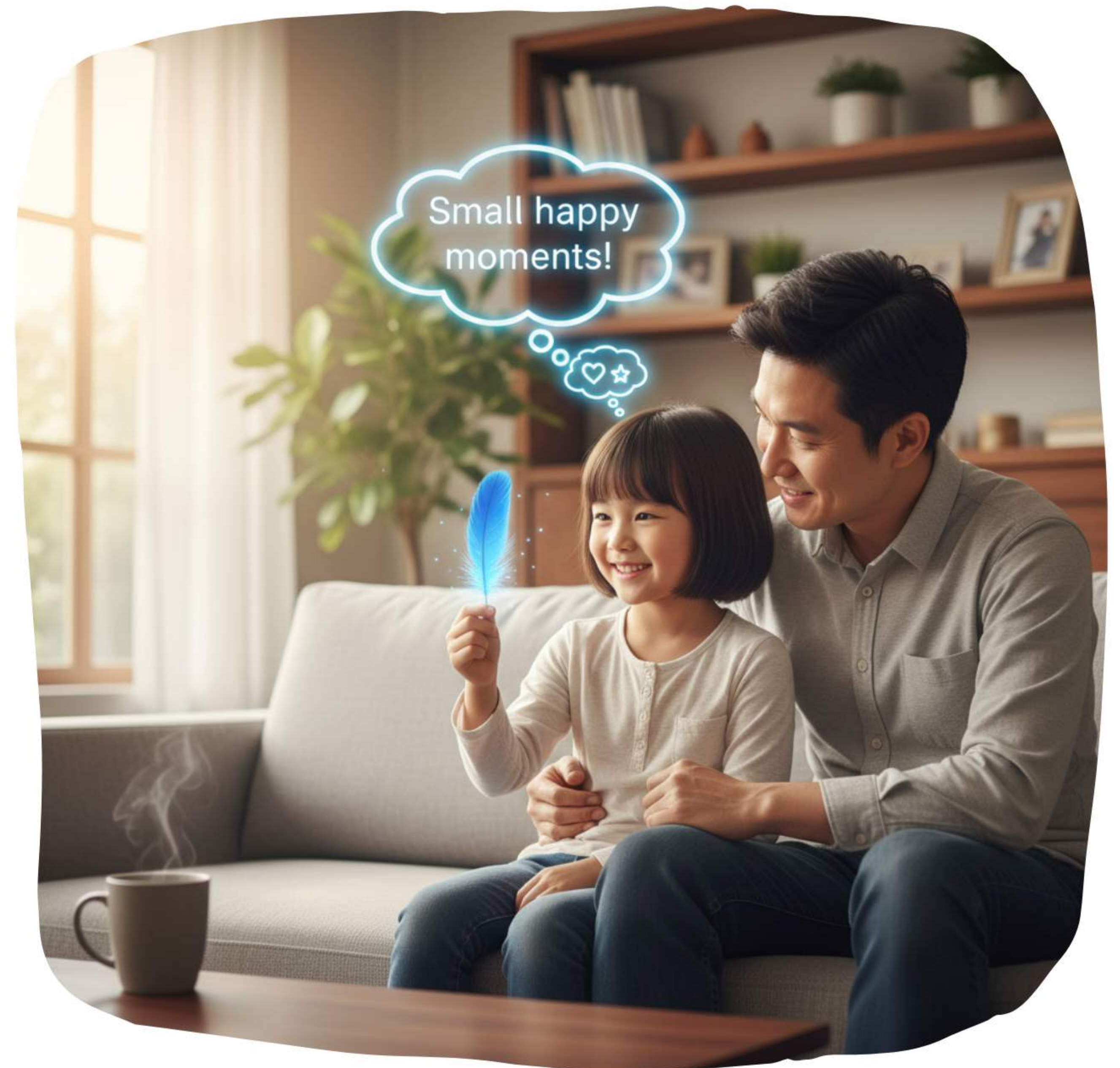
“Sometimes joy feels exciting, like running, jumping, or dancing.”



“Joy can come from noticing things I enjoy, like colors, sounds, or tastes.”



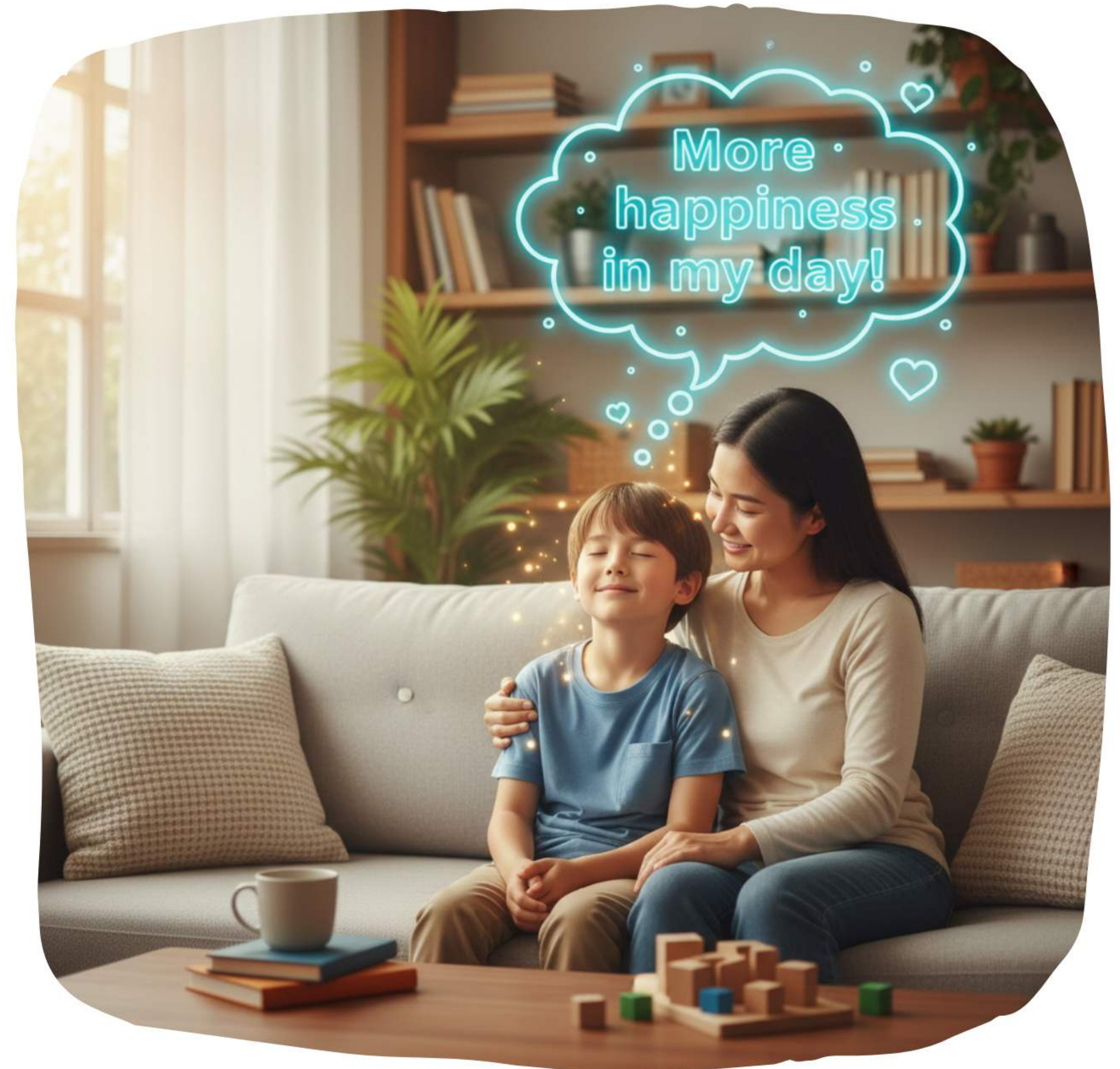
“I can find joy even on days that feel hard.”



“Even small happy moments can make my whole day feel better.”



“Every day has something joyful waiting for me to notice.”



“When I look for joy, I find more happiness in my day.”



Vocabulary

- Joy

A: A happy, light feeling inside. (Correct)

B: Feeling angry or upset.

- Notice

A: To look at or pay attention to something. (Correct)

B: To ignore everything around me.

- Calm

A: Feeling peaceful and relaxed. (Correct)

B: Feeling wild and noisy.

- Kind

A: Doing something gentle or helpful. (Correct)

B: Being rude to others.

- Exciting

A: Something fun that makes me feel energetic. (Correct)

B: Something boring and slow.



Spellings

A: Hapy

B: Happy (Correct)

A: Joy (Correct)

B: Joi

A: Smyle

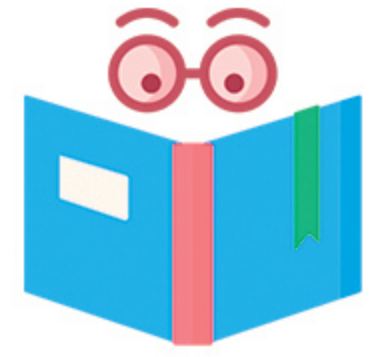
B: Smile (Correct)

A: Play (Correct)

B: Plea

A: Kyind

B: Kind (Correct)



Comprehension

- Where can I find joy?

A: In small moments throughout my day. (Correct)

B: Only in big, special events.

- What can bring me joy?

A: A smile, a hug, playing, or noticing something I like. (Correct)

B: Only new toys.

- How can I feel joy when I'm frustrated or sad?

A: By looking for one small happy moment. (Correct)

B: By not trying to feel better.

- Can joy be calm or quiet?

A: Yes, joy can feel peaceful and gentle. (Correct)

B: No, joy is always loud.

- What happens when I look for joy?

A: I find more happy moments in my day. (Correct)

B: Nothing changes.



Open-Ended Questions

- What is something small that brought you joy today?

- Who makes you feel happy or gives you warm moments?

- What fun activities make you feel excited and joyful?

- How does your body feel when you are filled with joy?

Role-Play Activity

- **Scenario 1**

You're playing outside and feel the warm sun.
→ Practice saying, "This makes me feel happy."

- **Scenario 2**

A friend smiles at you.
→ Practice noticing it and smiling back.

- **Scenario 3**

You tried something fun and new.
→ Practice saying, "I enjoyed that!"

- **Scenario 4**

You feel a little sad, but you see something you like.
→ Practice noticing the small joy.