



Yesterday, I was playing with my best friend, and we laughed so much. I felt light and warm inside. That feeling was happiness



Happiness is a feeling we have when something makes us feel good, like playing, helping others, or spending time with people we care about



**Sometimes, I feel happy when I win a game or finish a big puzzle all by myself**



**Happiness can also come from small things, like hearing a favorite song or seeing a pretty rainbow in the sky**



**I feel happiness in my body  
when I smile, laugh, or want to  
skip and dance**



**Happiness also happens when  
I help someone, like when I  
share my toys or say kind  
words**



**Even when things don't go my way, I can still find happiness by thinking about what I'm thankful for**



**Sometimes, I feel happiness when I do something fun by myself, like reading a book or drawing a picture**



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**Happiness can also come from learning something new, like riding a bike or reading a new word**



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**When I see someone else feeling happy, like a friend or my family, it makes me feel happy too**



**Happiness can come from being kind to myself too, like taking a break when I feel tired or saying, 'I did a good job!'**



**Sometimes, happiness is quick, like laughing at a joke. Other times, it stays longer, like enjoying a special day with family**



**It's okay if happiness doesn't stay all the time. It comes and goes, like all feelings**



**When I feel happy, I can share it with others by smiling, laughing, or telling them what made me feel good**



**Happiness is one of many feelings I can have, and it helps me enjoy all the wonderful things in my life**



**Now I know that happiness comes from enjoying the moment, being kind, and appreciating the good things in life**



## Vocabulary

- Happiness

A: A feeling of joy and being glad

B: A feeling of being upset or sad

- Smile

A: A way to show you are angry

B: A way to show happiness by curving your lips upward

- Thankful

A: Feeling glad for the good things in your life

B: Wishing for things you don't have

- Kind

A: Ignoring people who need help

B: Doing nice things for yourself or others

- Enjoy

A: To feel happy while doing something fun

B: To feel bored while doing something



## Spellings

A: Hapiness

B: Happiness

A: Danse

B: Dance

A: Thankfull

B: Thankful

A: Smyle

B: Smile

A: Miself

B: Myself

A: Friend

B: Freind

A: Famili

B: Family

A: Wonderful

B: Vonderful



## Comprehension

- What made the child feel happy in the story?  
A: Playing with their best friend  
B: Sitting alone in their room

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- How can happiness feel in your body?  
A: It makes you feel heavy and want to sigh  
B: It makes you smile, laugh, or want to move

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- What helps the child feel happy even when things don't go as planned?  
A: Thinking about what they're thankful for  
B: Getting upset and frowning

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- How can the child share their happiness with others?  
A: By smiling and telling them what made them happy  
B: By staying quiet and keeping it to themselves

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- What did the child learn about happiness?  
A: It's a feeling that lasts forever and never changes  
B: It's a feeling that helps them enjoy the good things in life



## Open-Ended Questions

- What makes you feel happy?

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- How do you like to share your happiness with others?

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- Who are the people that make you feel happiest?

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- What is something small that makes you smile every day?



## Creative Activity

- **Draw Your Happy Place**

Help the child draw a picture of a place that makes them feel happy, like a park, their room, or a friend's house

- **Create a "Happiness List"**

Encourage the child to write or draw five things that make them happy, like playing with friends, reading books, or eating ice cream



## Role-Play Activity

- **Scenario 1**

Pretend the child just finished a puzzle. Practice sharing their happiness by smiling and saying, "I did it!"

- **Scenario 2**

Act out a situation where the child feels happy about a family meal. Practice saying, "Thank you! This makes me happy"

- **Scenario 3**

Pretend the child sees a rainbow. Practice expressing their happiness by pointing it out and smiling with a friend or family member