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**Today, I got a gold star on my schoolwork. I felt my face light up, and I couldn't stop smiling. I was happy!**



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**Happiness is a feeling I have when something good happens or when I enjoy what I'm doing**



When I'm happy, my body feels light, and I want to smile, laugh, or dance around



Sometimes, I feel happy when I spend time with my family, like eating dinner together or playing a game



**Happiness can also come when I do something kind, like sharing my toys or helping a friend**



**When I'm happy, I like to share my feelings with others by smiling, laughing, or telling them why I feel good**



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**Sometimes, my happiness makes other people happy too, like when I laugh at a funny joke**



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**Happiness can be big, like winning a prize, or small, like hearing a bird sing outside**



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**When I feel really happy, I can enjoy the moment by taking a deep breath and noticing how good it feels**



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**It's fun to show happiness in different ways, like drawing, singing, or dancing**



**Sometimes, I'm happy because I'm proud of myself for doing something hard, like finishing a puzzle or learning a new word**



**When I feel happy, it's also important to listen and let others share their feelings too**



**Even when I'm happy, it's okay to have quiet moments to enjoy my feelings inside**



**Happiness is a feeling that comes and goes, but I can remember what makes me happy and look forward to those moments**



**Now, when I feel happy, I know how to enjoy it and share it with others in a kind way**



**Happiness is one of many feelings I have, and it helps me enjoy the special moments in life**



## Vocabulary

- Happy

A: A feeling of being upset

B: A feeling of joy and being glad

- Smile

A: A way to show you are angry

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

- Proud

A: Feeling upset about something

B: Feeling good about doing something hard or new

- Share

A: Keeping your feelings to yourself

B: Telling or showing others what made you happy

- Enjoy

A: To feel happy while doing something fun

B: To feel bored



## Spellings

A: Enjoy

B: Enjoyi

A: Lauf

B: Laugh

A: Dinner

B: Diner

A: Shayer

B: Share

A: Funny

B: Funnie

A: Prise

B: Prize

A: Listen

B: Lisen

A: Qwiet

B: Quiet



## Comprehension

- What made the child happy in the story?  
A: Getting a gold star on their schoolwork  
B: Sitting quietly by themselves

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- How does happiness feel in the body?  
A: It makes you smile, laugh, or feel light  
B: It makes you feel tired and heavy

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- How can the child share their happiness with others?  
A: By not talking about it  
B: By smiling, laughing, or telling them what made them happy

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- What does the child learn about happiness?  
A: It stays forever and never changes  
B: It helps them enjoy special moments and share joy with others

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- What can the child do when they feel happy?  
A: Enjoy the moment by noticing how good it feels  
B: Stay quiet and not share it



## Open-Ended Questions

- What makes you feel happy?

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- Who do you like to share your happiness with?

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

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- Can you think of a time when you made someone else happy?



## Creative Activity

- **Draw a "Happiness Picture"**

Ask the child to draw something that makes them feel happy, like playing outside, spending time with family, or eating their favorite food

- **Make a "Happiness Jar"**

Help the child write or draw small things that make them happy and put them in a jar to read when they need a reminder



## Role-Play Activity

- **Scenario 1**

Pretend the child just finished a difficult puzzle. Practice saying, "I did it! I'm so happy!"

- **Scenario 2**

Act out a situation where the child shares their happiness with a friend by smiling and saying, "Guess what made me happy today?"

- **Scenario 3**

Pretend the child is proud of a drawing they made. Practice showing it to a family member and saying, "Look what I made! I'm so happy about it"