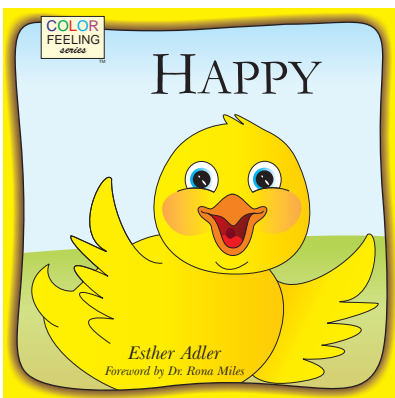




This is how I look when I feel happy:

Glue or tape a picture  
of how you look when  
you feel happy.



*Happy: Helping Children Embrace Happiness*  
by Esther Adler

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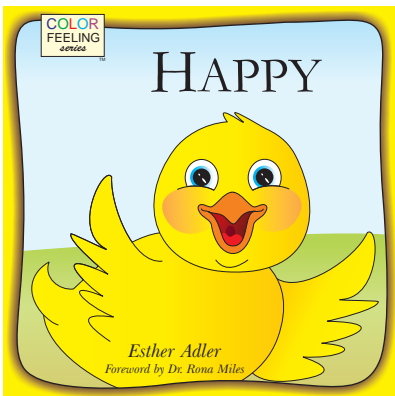
What activities make you feel happy?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_



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Write a story about a time when you felt happy.

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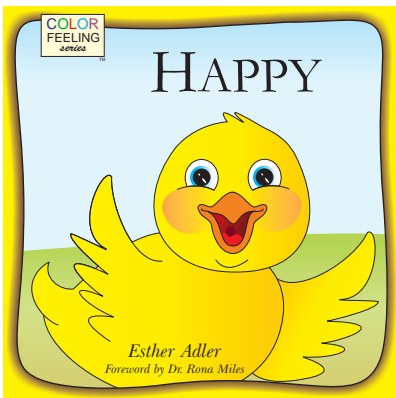
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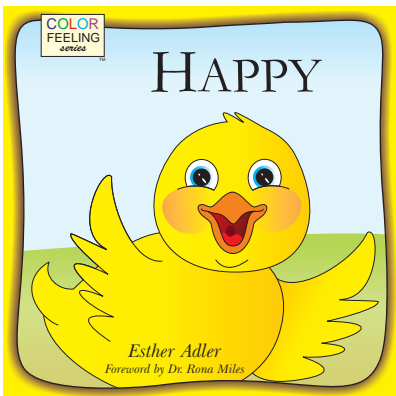
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Draw a picture of a time when you felt happy.



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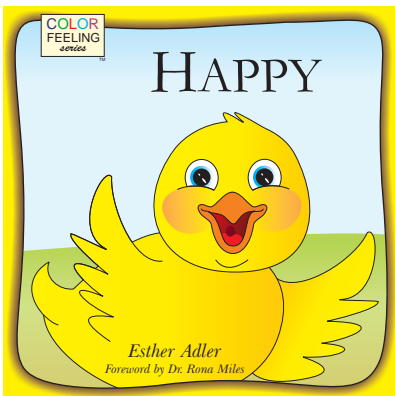
Which people help you feel happy?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_



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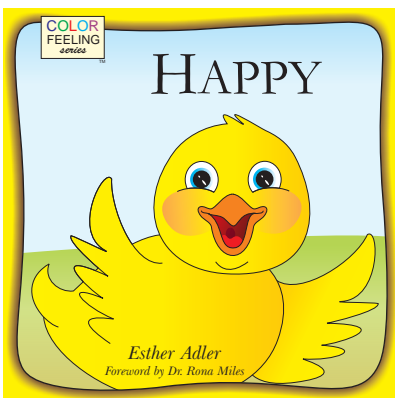
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Fill in the blanks.

1. I can make myself feel happy when I \_\_\_\_\_.
2. I can make my \_\_\_\_\_ feel happy when I \_\_\_\_\_.  
*ex: mom*
3. I can make my \_\_\_\_\_ feel happy when I \_\_\_\_\_.  
*ex: sibling*
4. I can make my \_\_\_\_\_ feel happy when I \_\_\_\_\_.  
*ex: friend*



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