



Happy

Feeling happy is being cheerful, pleased, or glad. When we feel happy, we feel good about things.

Times we might feel **happy**:

- When we get good grades on our homework
- When we get to play with our friends
- When we get a new toy

When we feel **happy**, our body might feel like:

- We have a big smile on our faces
- We feel energy and want to move around a lot
- We stand up straight with our shoulders back

Understanding Happy / Questions for learning:

What are some times a person might feel **happy**?

When you feel **happy**, what does your body feel like?

Write about a time that you felt **happy**. What was it like?



Depression and Bipolar
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