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?