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?
I’m Happy.
Hi! I’m HAPPY from the DBSA Mood Crew!

Gratitude is a big word, but basically it means feeling thankful! I keep a gratitude journal, because remembering what I feel thankful for helps me feel like me...happy! Want to try gratitude journaling with me?

Helping my friends find gratitude puts a smile on my face!

WHAT IS SOMETHING THAT MADE YOU SMILE TODAY?

I’m thankful for all my friends in the DBSA Mood Crew!

WHO ARE YOU THANKFUL FOR TODAY?

I’m proud of the work I did at school!

WHAT IS SOMETHING YOU FEEL PROUD OF THIS WEEK?

I love my upbeat attitude!

WHAT QUALITY DO YOU LOVE MOST ABOUT YOURSELF?

I like to cuddle with my cat when she purrs.

WHAT IS SOMETHING YOU ARE GRATEFUL FOR?

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Searching for Happiness

Happy has created a word search of things that make her feel happy. Complete the word search below and then think of some things that make you feel happy.

HAVING FUN

LOVE

SMILING

GRATITUDE

POSITIVITY

CELEBRATING

LAUGHING

FRIENDS

FAMILY

JOKES

GAMES

PLAYING

List some things that make you feel happy:

1. 
2. 
3. 
4. 
5.