



# 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**?

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

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

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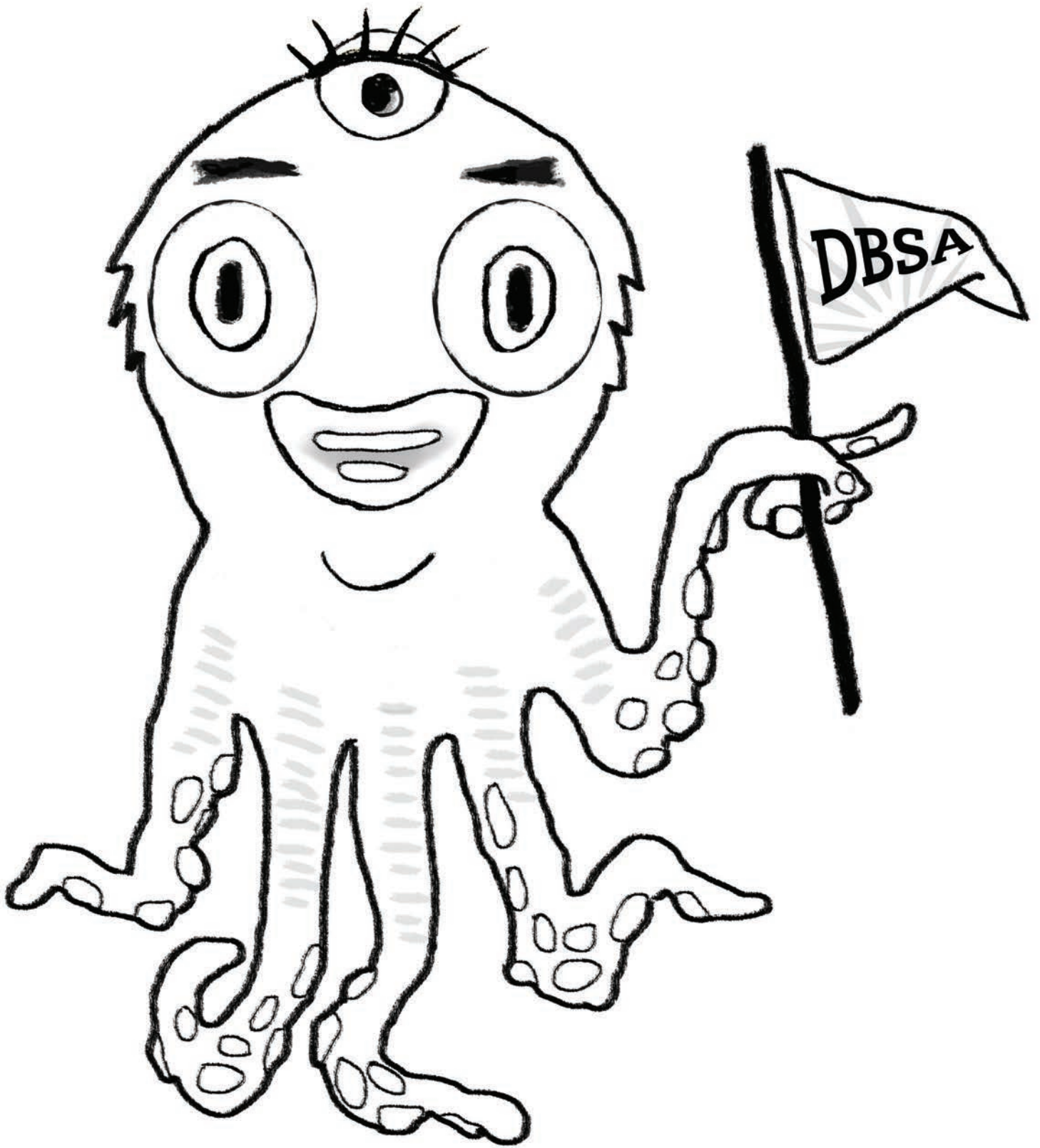
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Depression and Bipolar  
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**I'm Happy.**

# Happy's Gratitude Journal



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?

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

WHO ARE YOU THANKFUL FOR TODAY?

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

WHAT IS SOMETHING YOU FEEL  
PROUD OF THIS WEEK?

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I love my upbeat attitude!

WHAT QUALITY DO YOU LOVE  
MOST ABOUT YOURSELF?

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I like to cuddle with my cat when she purrs.

WHAT IS SOMETHING YOU ARE GRATEFUL FOR?

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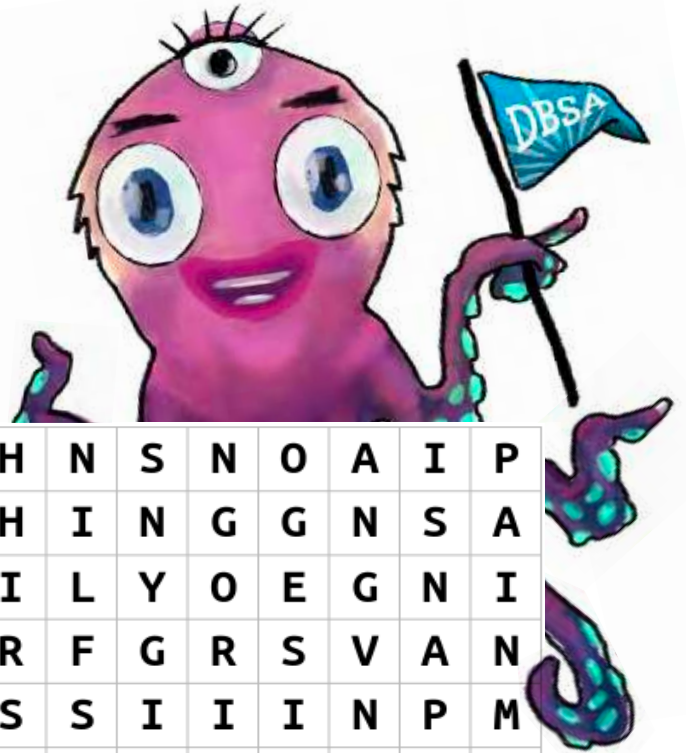
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# Searching for Happiness

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

L	I	N	P	N	S	H	N	S	N	O	A	I	P
J	C	L	A	U	G	H	I	N	G	G	N	S	A
O	V	L	F	A	M	I	L	Y	O	E	G	N	I
K	S	D	N	E	I	R	F	G	R	S	V	A	N
E	L	G	N	N	A	S	S	I	I	I	N	P	M
S	O	P	L	A	Y	I	N	G	R	I	S	O	K
R	V	R	H	I	V	G	I	T	A	I	E	S	C
R	E	E	D	U	T	I	T	A	R	G	M	I	L
N	I	U	D	G	I	I	I	J	Y	G	A	T	F
N	E	N	S	M	I	L	I	N	G	A	G	I	E
P	S	H	A	V	I	N	G	F	U	N	Y	V	F
C	E	L	E	B	R	A	T	I	N	G	D	I	P
S	E	S	S	F	T	N	E	A	I	G	O	T	P
E	L	V	E	U	I	T	G	E	N	D	A	Y	N

List some things that make you feel happy:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



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