Happy

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

<table>
<thead>
<tr>
<th>Times we might feel happy:</th>
<th>When we feel happy, our body might feel like:</th>
</tr>
</thead>
<tbody>
<tr>
<td>When we get good grades on our homework</td>
<td>We have a big smile on our faces</td>
</tr>
<tr>
<td>When we get to play with our friends</td>
<td>We feel energy and want to move around a lot</td>
</tr>
<tr>
<td>When we get a new toy</td>
<td>We stand up straight with our shoulders back</td>
</tr>
</tbody>
</table>

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?