

Lesson 14: Happiness

Happiness is a feeling you get when something turns out in a way you like.



When do you feel happy?

- Winning a game or award
- Getting something you want
- Spending time with someone you like
- When you eat tasty food
- What other reasons?

Happiness Words

Cheerful
Hopeful
Peaceful
Excited
Playful
Giggly



How You React to Happiness?

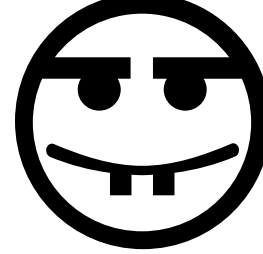
<p>Fast Heartbeat</p>	<p>Smiling & Laughing</p>
<p>Silliness</p>	<p>Increased Energy</p>

Lesson 15: Thoughts or Feelings



Thoughts

- Thoughts are like sentences in your mind
- Happy thoughts could make you feel happier!
- Thoughts and facts could be different



Feelings

- feelings are shorter than thoughts and take
- Feeling tells you what's going on with you
- intense feeling could be overwhelming

Practice

- Think about any situation (e.g., I'm trying to tell my mom about my day, but she's using her phone)
- What thoughts do you have when you think of the situation? (e.g., mom isn't listening)
- What are the facts? (e.g., mom is looking at her phone. I don't know for sure if she's listening)
- What is your feeling? (e.g., Frustrated)



Video resource
<https://www.youtube.com/watch?v=VQGGYny7pq0>

Lesson 16: Why Do You Have Feelings



Practice

Think about a frustrating situation

1

2

3



How your feeling protect you in the situation?

What information do you get from the feeling in the situation?

What decisions you may make if you only pay attention to your frustration?

Great Work!!!