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
- Relaxed
- Fired Up
- Giggly

How You React to Happiness?
- Fast Heartbeat
- Smiling & Laughing
- Increased Energy

Lesson 15: Thoughts or Feelings

Thoughts are like sentences in your mind. Happy thoughts could make you feel happier!

Thoughts and facts could be different

Feelings are shorter than thoughts and take intense feeling could be overwhelming.

Video resource: https://www.youtube.com/watch?v=VQQGYny7pq0

Lesson 16: Why Do You Have Feelings

Feeling helps protect you. When you feel sad, sad feelings ask you to get help from parents.

Feelings give you information about your environment. If you get scared, the feeling tells you the environment may be dangerous.

Strong emotions (frustrations) can let you make bad decisions.

Think about a frustrating situation:

1. How your feeling protects you in the situation?
2. What information do you get feeling in the situation?
3. What decisions you may make if you only pay attention to your frustration?

Great Work!!