

# What Makes Me Happy

**How to use:** Print first for the main practice. Then use the device to repeat activities and save progress.

## LEARNING OBJECTIVES

- 1 Name things that make me feel happy
- 2 Build the sentence "I feel happy when \_\_\_\_"
- 3 Understand that different people can feel happy for different reasons

## MINI LESSON

Happy feelings do not appear from nowhere. Usually, something happens that makes your heart feel light, your face smile, or your body feel warm and safe.

### What can make you feel happy?

- A person can make you feel happy, like a family hug or a friend playing with you.
- An activity can make you feel happy, like drawing, reading, building, or playing outside.
- A moment can make you feel happy, like hearing good news or finishing something hard.

### Use the happy sentence

- Say: I feel happy when \_\_\_\_.
- The word when tells what happened or what you are doing.
- Example: I feel happy when I play outside.

### Everyone can have different happy causes

- One child may feel happy when reading a book.
- Another child may feel happy when dancing to music.
- Both answers can be right because feelings are personal.

#### Things That Can Make Me Happy



.....  
play outside



family hug



read together



hear music

I feel happy  
when

\_\_\_\_\_

I play

we read

mom hugs

! Ask yourself: "What makes me happy today? Can I say, 'I feel happy when \_\_\_'?"

## TRACING PRACTICE

Trace each word, then copy it twice on the lines below.

TRACE

happy

COPY 1

COPY 2

TRACE

joyful

COPY 1

COPY 2

TRACE

cheerful

COPY 1

COPY 2

TRACE

excited

COPY 1

COPY 2

TRACE

proud

COPY 1

COPY 2

TRACE

thankful

COPY 1

COPY 2

TRACE

loved

COPY 1

COPY 2

TRACE

calm

COPY 1

COPY 2

TRACE

I feel happy.

COPY 1

COPY 2

TRACE

I feel joyful.

COPY 1

COPY 2

TRACE

I feel thankful.

COPY 1

COPY 2

TRACE

I feel loved.

COPY 1

COPY 2

*Tip: As you trace, think of one real thing that makes you feel happy.*

### EXERCISES — BUILD THE SENTENCES

Use the word chips for each line to build the correct sentence. Write it neatly on the lines — capital letter at the start, finger-space between words, period at the end.

1. . feel outside I when play happy I

-----  
-----  
-----

2. family happy . hugs I my me feel when

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-----  
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3. a I I help . when happy friend feel

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-----

4. happy . I feel pictures when draw I

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5. music hear I feel happy I when .

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-----  
-----

6. we . when feel together I happy read

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-----  
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## EXERCISES — MULTIPLE CHOICE

**Which sentence frame tells what makes you happy?**

- I run when happy.
- I feel happy when \_\_\_\_.
- Happy is because \_\_\_\_.

**Which word is a feeling?**

- Happy
- Jump
- Chair

**Which phrase fits best after the word when?**

- happy
- because
- I play outside

**Which feeling word fits when you hear good news and smile?**

- Angry
- Happy
- Sleepy

**Which statement is true about happy feelings?**

- Different people can feel happy for different reasons.
- Everyone feels happy about exactly the same thing.
- Only toys can make people happy.

**Which is a complete happy sentence?**

- Happy when I draw
- I feel happy when
- I feel happy when I draw.

**Why is it helpful to say what makes you happy?**

- So nobody has to think
- So you can understand and explain your feeling
- So you never need words

**Which clue often matches a happy feeling?**

- A smile and a relaxed body
- Tight fists and a frown
- Hiding under a table

**Which could be a cause of a happy feeling?**

- A book
- A hug
- Both of these

**When does the feeling word happy fit best?**

- When something fun is happening and you feel cheerful
- When something unfair happens and you feel upset
- When you are asleep and do not notice anything

**ASSESSMENT**

**PARENT / TEACHER CHECKLIST**

- Builds the sentence frame “I feel happy when \_\_\_\_.” in the correct order.
- Says one real thing, person, or activity that makes them feel happy.
- Reads or repeats a complete happy sentence with a clear ending period.
- Completes the paper worksheet by drawing or writing things that make them happy.