

I FEEL HAPPY



★ THANKFUL ★ SAFE



GET CREATIVE

CIRCLE OF HAPPINESS

You can practice being happy by thinking happy thoughts and being thankful for the good things in your life.

Thinking happy thoughts is a great way to comfort yourself when you are sad.

Thinking happy thoughts is a great way to celebrate a high-energy day.

If you are having a down day, making a Circle of Happiness can shift you away from stressful feelings into feelings of happiness.

Turn over this page to make a Circle of Happiness!

Being happy gives you feelings of pleasure. Happiness can make you smile. Being happy makes your body feel comfortable and relaxed. Happiness can also make you feel excited and bubbly from the bottoms of your feet to the top of your head. Happiness happens when you feel **thankful**.

Happiness happens when you feel **safe**. Think of someone who you like to hug. Or someone who plays your favorite games with you. Do you feel safe and happy when you think of this person? A person who brings happiness is something to be **thankful** for!



FEELINGS FACT!

3 WAYS TO MAKE YOURSELF HAPPY

1. Be thankful for what you have
...your shirt, your school, your smile.
When you feel thankful, you feel happy, too.
2. Give to others more than you get.
Sharing and being kind will give you feelings of happiness.
3. Remember a time when you received something you liked
...a special visit from someone you care about or an outing to your favorite place. Thinking about how happy you felt then can make you feel happy now!

HOW TO

What do you love? Who do you love? What happy memories are in your heart? What are you thankful for? Draw them in the circle until it is full of everything that makes you happy.



It is natural to feel happy because it means you are thankful for your life and feel safe.
What is in your Circle of Happiness?
