MINDING EMOTIONS

FEELING HAPPY



BLUE OWL BOOKS

TIPS FOR CAREGIVERS

Social and emotional learning (SEL) helps children manage emotions, learn how to feel empathy, create and achieve goals, and make good decisions. Strong lessons and support in SEL will help children establish positive habits in communication, cooperation, and decision-making. By incorporating SEL in early reading, children will have the opportunity to explore their own emotions, as well as the different ways others manage theirs.

BEFORE READING

Talk to the reader about happiness.

Discuss: What does happiness mean to you? What happens to your body when you feel happy? What other emotions do you feel when you are happy?

AFTER READING

Talk to the reader about happiness in others.

Discuss: How can you tell when others are happy? What is something that makes your friends happy?

SEL GOAL

One of the first emotions children understand in themselves and in others is happiness. Yet, their pool of words to describe happiness is often limited. Help the reader increase his or her emotional vocabulary by making a list of synonyms for the word "happy." Use the new words in a sentence to help the reader gain context ("The song I heard this morning made me so cheerful. I was delighted to hear my favorite band. It brought me joy.") Increasing emotional vocabulary helps children better describe their emotions.

For Review Only

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CHAPTER 1

WHAT IS HAPPINESS?

Many things can make us happy. Maybe you feel happy when you are with friends. Maybe you feel happy playing at the park. Or maybe you're most happy when you dance. Happiness is an important **emotion**.



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Feeling happy is feeling good. Have you ever made someone else happy? Maybe you used kind words. Maybe you helped a friend.

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CHAPTER 2

WHAT HAPPINESS LOOKS LIKE



There are many different ways your mind and body can feel when you're happy. You might feel **proud**, silly, **creative**, or excited. You might have a lot of **energy**.

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Being with family can make us happy. You tell your mom stories about your day. Your sister tells you stories, too. You laugh. You feel happy when you spend time with people you love.

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GOALS AND TOOLS

GROW WITH GOALS



Everybody feels happy sometimes. It's fun to do things that make you happy. It's also fun to make others happy!

Goal: Bring happiness to others! You might have a friend who is having a bad day. Put yourself in his situation. Try to make him feel happy!

Goal: Know why you are happy! The next time you are happy, think about why you feel that way. Putting it in words can help you understand what makes you feel joy.

Goal: Talk about what makes you happy! Sharing when you are happy might make someone else happy, too.

WRITING REFLECTION



Understanding what makes you happy can help you find joy when you are feeling sad, angry, or frustrated.

1. Write down one thing that makes you happy.
2. How does your body feel when you think about what makes you happy?
3. How does your mind feel when you think about what makes you happy?

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GLOSSARY

body language
The gestures, movements, and mannerisms by which people communicate with others.

creative
Skillful at using your imagination and thinking of new ideas.

emotion
A feeling, such as happiness, anger, or sadness.

energy
The ability or strength to do things without getting tired.

nature
Things in the world, such as animals, plants, and the weather, that are not made by people.

peace
Calmness of mind.

proud
Pleased and satisfied with what you or someone else has achieved.

reflect
To think carefully or seriously about something.

situation
The circumstances that exist at a particular time and place.

tone
A way of speaking or writing that shows a certain feeling or attitude.

TO LEARN MORE

FACT SURFER

Finding more information is as easy as 1, 2, 3.

1. Go to www.factsurfer.com
2. Enter "**feelinghappy**" into the search box.
3. Choose your cover to see a list of websites.



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