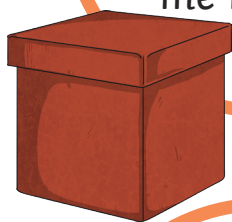


# What Can I Do When I'm Feeling Happy?

Feeling happy is a really pleasant feeling – you feel warm on the inside and you want to share your happiness with the world. There are lots of things we can do when we're happy but it's best when we share it with others by smiling and saying kind things.

Make a happy box. Place things in it that make me happy.



Sing or hum my favourite song.



Play my favourite song and dance.



Jump up and down on the spot.



Clap my hands quickly.



Share my happiness with other people by making them laugh.



Draw a picture of what happiness looks like.

