



Day Two: Share Happy Feelings

Explore (15 minutes)

Children will investigate **happy** feelings with an art activity.

Supplies

- » A shoebox or a paper bag
- » Images showing **happy** feelings
- » Large index cards or pieces of standard white paper cut in half (one per child)
- » Crayons and markers

Setup

- » Decorate a shoebox or bag with **happy** images. Find images showing different levels of **happy**. For instance, a **happy** image shows someone smiling. For **ecstatic**, show a picture of someone jumping for joy. You can also draw your own pictures or encourage children to do so.
- » Label the box or bag with the word **happy**.

Goals

- » Review the words: **happy**, **thrilled**, **ecstatic**
- » Learn to notice and express **happy** feelings

Activity

1. Share the definition and pose for the word **happy**. Ask children, “What word am I thinking of?” Say the word and its definition and show the pose. Now choose a child to pick the word **happy** from the garden. Repeat this for **thrilled** and **ecstatic**. Review the **happy** chant together.
2. Show children the **happy** box and explain, “In this box we are going to put pictures of times that we felt **happy**. Then we can use these to remind us of **happy** feelings.”
3. Give each child a blank slip of paper or index card. Ask them to draw about **happy** feelings like **happy**, **thrilled**, and **ecstatic**.
4. Talk to the children about their drawings. You can ask: “How did you feel? **Happy? Thrilled**, which means really **happy**? Or **ecstatic**, which means **SUPER happy**?” On each child’s drawing, write one sentence that describes what is happening in the picture. For example, “Jenna’s baby brother was born.” Then write one sentence about the child’s feeling. “Jenna felt **ecstatic!**”