

# WHAT MAKES YOU HAPPY?

In Worship this week we looked at how being HAPPY makes us feel. Feeling happy is a wonderful feeling and we can sometimes feel like we are floating. People that are happy are usually POSITIVE about many things.



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We may be happy when:

**Someone smiles at us!**

**something great has happened!**

**...we hear wonderful news...**



**... somebody has said or done something nice for us...**

**We have friends around us...**

**The weather is sunny!**

**Our family has spent time doing something together!**

There are many things that can make us happy and want to smile.

**What things can you think of that make you HAPPY? You may want to write these happy things down.....**

Sometimes we don't feel happy! Sometimes things don't always go the way we would like them to go. But, it will be ok!



We should try to stay as positive as we can about things. Remember that:



See if you can cut out these titles and sentences below. Can you sort them into the things that someone HAPPY may be thinking and the things that someone who isn't positive/UNHAPPY may be thinking... You may wish to add some of your own!

HAPPY	UNHAPPY
Love what they do	
They look after others, sociable	
They wait for something to make them happy	
They feel happy now and enjoy things	
Only think about themselves- selfish	
They can be jealous	
Positive Thinkers	
Negative thinkers	
Pass on happiness to others	
See good in everything	
Don't like what they have	
Often enjoy upsetting others	
Enjoy cheering someone up!	

Always try to stay positive and look out for that one good thing- it is usually there!

Cut this 'Stay Positive' note. Put it in your pocket. It might help you to remember to keep positive about things!

