

When I Feel Happy



Sometimes, I feel happy.



Sometimes I feel really happy.
This is called excited.

I might feel happy when...



I get a new toy or book.



I am playing with a friend.



my family gives me a hug.

When I feel happy, I might feel bubbly inside.



I smile, and maybe giggle.

I might feel like jumping up and down.



When I feel happy, I can share my happiness with others.





When I am feeling happy, I can use my words to tell people: "I'm so happy!"

I can do other things when I am happy.

I can hug someone.



I can sing and dance to music.

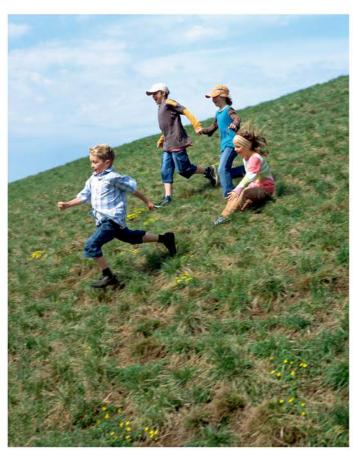


I can tell someone great news.



When I'm outside, I can even:

Run down hills

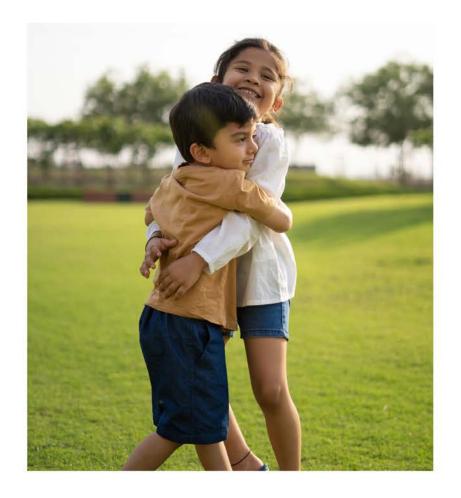


or jump in puddles.



If I notice someone who is a bit sad, maybe I can help cheer them up!





It feels good to be happy.

