



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 sing and dance to music.



I can hug someone.



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.

