



When I Feel Happy

Preschool

Updated November 2024

Sometimes, I feel happy.



Feeling happy makes me feel good.

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 like
smiling or laughing!



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 tell people,
“I’m so happy!”

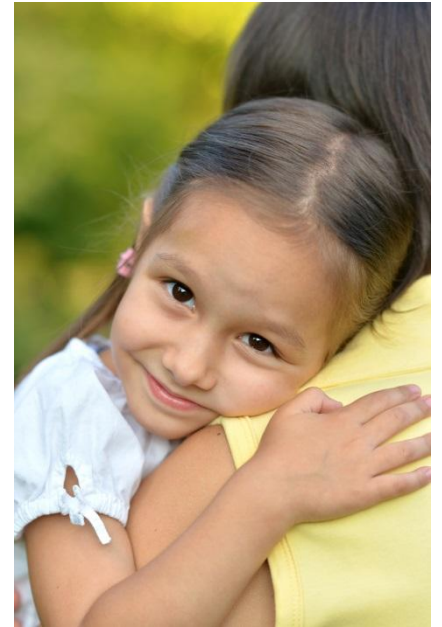
I can do other things when I am happy.



I can sing
and dance
to music.



I can tell someone great
news.



I can
hug
someone.

When I'm outside, I can even:



Run down the hill.



Jump and
cheer.

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



It feels good to be happy.

