



# When I Feel Happy

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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!”



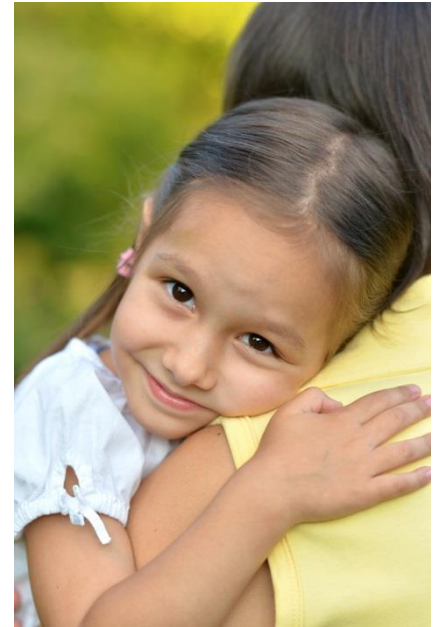
I can do other things when I am happy.



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.

