



When I Feel Happy

for Infants & Toddlers

Updated November 2024



Sometimes, I feel happy.

I feel happy when...



My family plays
with me.



I discover toys.



I'm with my friend(s).

When I feel happy, I smile and laugh!



I might clap my hands.



Other ways I might show I'm happy:

I might sing and dance
to music.



I might hug
someone.



I can tell people, “I feel happy!”

Note to educators: Some children might benefit from key words in sign and/or their home language. <https://babysignlanguage.com/>

If I see someone who is sad,
maybe I can help them feel happy!



It feels good to be happy!

