



Happy!

WHAT MAKES YOU FEEL HAPPY?

- * Being with someone you love?
- * Singing and dancing?
- * Playing a game?
- * Reading a book?
- * Spending time with animals?
- * Something else?

There are many things that make us happy, and when we are happy we feel good!

Unfortunately, nobody feels happy all the time because there are things in life that make us feel sad. But when we are feeling sad, doing something we enjoy can often make us feel better. Talking to someone about how we are feeling can also help.

In the space above, draw pictures of some of the things that make you happy.



BIBLE VERSE MEMORY CHALLENGE!

It is good to thank God for the special things in our lives. Spend some time saying thank you to God for the things that make you happy, and talk to him about anything that is making you feel sad.

Can you learn this Bible verse?

'You have changed my sadness into a joyful dance; you have taken away my sorrow and surrounded me with joy.'
(Psalm 30:11 Good News Translation)