



Being happy is a wonderful feeling? Some of the things below make people feel happy. Circle, which apply to you. Can you add any other things?

| | | | | |
|---------|---------|----------|---------|----------------|
| Family | Animals | School | Friends | Food |
| Hobbies | Music | Sunshine | Sport | Helping people |

Being sad or unhappy is not a nice feeling. Some of the things below make people sad or unhappy

| | | | |
|--------|---------------|------------------------------------|----------------------------|
| Family | Storm Clouds | Loss of an animal or family member | Missing a special event |
| School | Losing a game | Arguments with friends or family | Sad film or piece of music |

Draw a picture of a time when you have felt sad or unhappy.

