



**Your Brain Wants You to Be Happy (🧠 An Emotional Health Story)
(1st – 6-7 yrs.)**

Video: What Makes You Happy?



STORY CONNECTION – SLIDES 2-4 (Approx Time: 10-15 mins)

When you feel happy, it is usually because you are doing something that is good for keeping your brain and your body healthy. Being happy is an emotion – something that you can “feel” inside you. You do not feel “happy” with your hands, you actually “feel” happy with your brain. Your brain is built to let you feel happy. Think about what your brain is supposed to do – basically everything. It helps you think, move, see, feel, etc. Your brain puts all those things together to help you to do behaviors that help you stay healthy – you sleep, move around, go to school, eat, and drink – so your body can help you do all the things you need to do. Because doing these things are so important, your brain wants you to do them. So, when you do something that is going to be good for your body and your brain your brain makes you feel happy.

Materials needed:

- Video link: <https://youtu.be/1Y5R8K7OKSo> (4:11)
 - This video shows 100 kids answering the question “What makes you happy?”
- Equipment to watch online video
- Chart paper or whiteboard (optional)
- Markers (optional)

Preparation needed:

- Preview the video

Instructions:

1. This story is about the body and brain working together to make us feel happy. To start this activity, brainstorm with the student(s) about what makes them happy. You can write their responses down on the board or chart paper for future reference or you can just talk about them.
2. Throughout the course of the brainstorming session, stop to ask student(s) to clarify or expand on their answer as needed.
3. After the brainstorming session is complete, watch the video from the link <https://youtu.be/1Y5R8K7OKSo>.
4. After the video is over, ask the students to talk about what they saw and noticed in the video.

Suggested Probing Questions:

- Did anyone say the same thing you said?
- Did anyone say anything you thought was interesting or surprising?
- Did you agree or disagree with any the things the kids in the video said?

5. Make a point of telling the student(s) that while certain body functions like eating, sleeping, drinking, moving, etc. will make everyone's brain happy, we all feel the emotion of happiness about different things and that is okay. Feeding a mouse to my friend's snake would NOT make me happy!!
6. In closing, remind student(s) that when they feel happy, it is usually because they are doing something that is good for keeping their brain and body healthy. Being happy is an emotion – something that they can “feel” inside them. You do not feel “happy” with your hands, you actually “feel” happy with your brain. Your brain is built to let you feel happy.