



**Your Brain Wants You to Be Happy (🧠 An Emotional Health Story)
(1st – 6-7 yrs.)
Think, Pair, Share: Turning On Your Happy Place**



STORY CONNECTION – SLIDE 19 (Approx Time: 25-30 mins with student follow-up)

Not spending too much time doing one thing will make others happy too, because you will be available to do other things with them. Did you know that making someone else happy will get their “happy place” to turn on and in doing so, will also turn on your brain’s “happy place”? Just being with other people and helping other people will turn on both of your “happy places.”

Materials needed:

- Making Others Happy template (1 per student-included below) or paper cut into strips (5 per student)
- Scissors
- Paper
- Pencils or pens
- Crayons, markers, colored pencils
- Envelopes (1 per student)

Preparation needed:

- Print template or cut strips of paper
 - If using strips of paper, prepare sentences frames to be displayed for copying.

Instructions:

1. This activity focuses on the idea of making others happy by saying nice things to them and doing nice things for them. By doing this both parties feel happy and positive.
2. Some student(s) might have read or heard a story at school about filling someone’s bucket. This concept simply means that by doing and saying nice things for and to other people, both parties end up with a good feeling. You can mention this to activate prior knowledge if desired.
3. Ask student(s) if they are always happy. Of course not, no one is happy all the time.
4. Next, ask student(s) to take a minute or two to think about some of the things that make them happy or things that they do when they are feeling sad, mad, scared, or angry that make them feel better. They could write these down or draw sketches.
5. Once they have had some time to think, have them pair up with a partner and talk about their thoughts and ideas. Give them a couple of minutes to talk to each other about things that make them happy.
6. Bring the group back together again.
7. Ask a couple of groups to share what they talked about.

8. Now, list the following words on the board: family member, friend, adult at school, and someone else I know. This time when they get with their partner, they are going to talk about things that they could do for each of these people to make them happy.
9. Give them a couple of minutes to talk to each other again and then bring the group back together to share a few ideas they talked about.
10. Next, ask student(s) if they have ever heard the term “pick-me-up?” If not, explain that it is something little that usually makes someone feel happy. A smile from someone can be a pick-me-up. A compliment can be a pick-me-up. Going outside and spinning around can be a pick-me-up. Taking a few minutes to read your favorite book can be a pick-me-up. Every now and then, we all need a pick-me-up to get back to our happy place.
11. Pass out the Making Others Happy sheet below or give student(s) five strips of paper to use for this part of the activity.
***Suggestion: If using strips of paper, you might want to put the sentence frames (see below) up where student(s) can see and copy it. ***
12. Have the student(s) fill in the blanks thinking about a person for each sentence and something they can do for that person when they need a little pick-me-up to make them happy.
***Note: If using the template, have student(s) cut them apart. ***
13. After student(s) finish their strips of paper, give them an envelope to decorate in a way that makes them happy. This will be where they store their happy strips until they need to use them.
14. Explain to the student(s) that they are going to keep these strips of paper in the envelope. When they see their family member, friend, adult at school, someone they know, or even themselves, needing a little pick-me-up or even “just because,” they are going to get out their envelope. They are going to look for the strip of paper with that person’s name on it and they are going to do what they said they were going to do to help make that person happy.
For example, you made a strip that said, “I can make my friend Avery happy by letting him pick the game for indoor recess.” The next time you have indoor recess, pull out that strip, read it, and do it! Avery will be happy that he gets to pick the game and you will be happy because you did something nice for your friend—win/win!
15. In closing, remind student(s) that they learned in the story making someone else happy will get their “happy place” to turn on and in doing so, will also turn on their brain’s “happy place”? Just being with other people and helping other people will turn on both of your “happy places.”

Name _____

😊 I can make _____ happy by _____
(someone in my family)

😊 I can make _____ happy by _____
(a friend)

😊 I can make _____ happy by _____
(an adult at school)

😊 I can make _____ happy by _____
(someone else I know)

😊 I can make myself happy by _____