



**Do Drugs Make You Happy? (🧠 An Emotional Health Story)
(5th Grade – 10-11 yrs.)
Worksheet: Happy is as Happy Does**



STORY CONNECTION – SLIDE 3 (Approx Time: 20-25 mins)

Happiness is an emotion that most of us like to feel. What most people do not know is that being happy is something that your brain likes you to feel too. Inside of your brain is a place that is turned on when you are happy – like turning on a light switch. This is a place that is also known as the “reward” center or pathway...it is called the dopaminergic mesolimbic system...but that is way too long of a name. We can call it the “happy place” in your brain. Your happy place is designed to help your brain to get things that it needs.

Materials needed:

- Happy is as Happy Does Worksheet (included below) or paper
- Chart paper or whiteboard (optional)
- Markers (optional)
- Pencils
- Crayons, markers, colored pencils

Preparation Needed:

- Determine if student(s) will use Happy is as Happy Does Worksheet
 - If so, make copies (1 per student)
 - If not, have digital copy ready to display for student(s) to get the needed information.
- Think of a time when doing something nice for someone else made you happy to be prepared for the discussion.

Instructions:

1. In this two-part activity, student(s) will focus on happiness. They will think about what makes them happy and what they do to make others happy.

Part I: Discussion

2. Begin by asking student(s) this question: “What makes you happy?”
Note: This can simply be a discussion, or a list can be written down on chart paper or the whiteboard as an anchor chart for future reference. Somedays we all need reminders.
3. If it does not come up in the discussion, lead the student(s) in the direction of helping others or doing nice things for other people can also make some people happy.
4. Ask student(s) to share some examples of how doing something nice for someone made them feel happy or be prepared to share your own example.
5. Talk about what a win-win situation is:

- Tell the student(s) that when we do nice things for others or say nice things to people, we are happy, and they are happy.
 - It is a win-win situation.
6. Wrap up the discussion by reminding student(s) that...
- The “happy place” in the brain gets turned on like a light switch when we are happy.
 - Happiness can come from things they do for themselves, things they do for others, or things others do for them.
 - In short, happiness can come from a lot of healthy places!

Part II: Worksheet

7. Pass out the Happy is as Happy Does worksheet to student(s).
***Note: If using blank paper, show student(s) the worksheet or have them divide their paper. ***
8. Explain that they will work independently to complete the chart.
9. Ask student(s) if they have any questions or need any clarification. Clear up any misunderstandings.
10. Give student(s) an allotted amount of time to complete their charts.
***Suggestion: We recommend about 10 minutes to work on their charts. ***
11. When time is over or all student(s) have completed their chart, ask for volunteers to share anything they put on their paper.
- It can be about themselves or someone else.
 - This might give other student(s) some more ideas of things to put on their papers.
12. Wrap up the discussion by telling student(s) that there might be a time when they are feeling down and they might not be able to do one of the things that makes them happy. However, they might be able to do something for someone else and in turn, this will make them feel better.
- For example, a student is having a difficult day at school and all they really want to do is cuddle with their dog. Their dog is not there to cuddle with, but they know that their friend loves it when they practice TikTok dances at recess. They do the dances at recess, and both have a blast! By dancing with the friend, both are now happy. It is a win-win situation.
13. In closing, review that happiness is an emotion that most people like to feel. What most people do not know is that being happy is something that their brain likes them to feel too. We can call it the “happy place” in the brain. Their happy place is designed to help their brain to get things that it needs. When their brain is getting what is needed, it is happy and healthy.

Happy is as Happy Does

Name:

Write or draw at least five things that you can do that make you happy.

Write or draw at least five things that you can do or say that could make someone else happy. Remember to put the name of the person.

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