

Think Happy, Feel Happy

This lesson is aimed at children between the ages of five and seven. It has been designed for parents and carers to work through with their child at home, using the [Lesson Presentation](#) as a guide for discussions.

Parents and carers can choose to just look through the [Lesson Presentation](#) without doing the consolidating activity, if time is short.

The consolidating activity provides an opportunity for the children to record their responses and develop their learning. Activity sheets referred to in the consolidating part of the [Lesson Presentation](#) are included within the pack. You will find two cloud templates for the [Every Cloud Has A Silver Lining Activity](#); one is lined and the other is blank. Children can either draw or write their responses on these cloud templates.

Further activities you could try at home that link to the theme 'Think Happy, Feel Happy', include:

- **Smiley Happy People** – use the activity sheet provided in the pack to draw lots of different happy faces or create your own by using coloured paper or collaging materials.
- Create a positive thought board or a positive thought jar at home that all the family can add ideas to. Any time a member of the family is feeling down, encourage them to add to the board or jar themselves or to read something from the board or jar that someone else has written.
- Create a picture using paint or collaging materials to show a time when you felt really happy. It could be a picture of a holiday, a party, a special day out or you playing with a friend or pet.
- Create a family poem called 'Happiness is...' and take turns to add ideas about all the different things that make you feel happy.
- Make someone else happy! Leave positive thoughts around the house for each other to read. Adults could start by doing this for the children then the children could be encouraged to have a go themselves.



This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).