

Feeling Happy: Activity for Parents and Carers (Primary)

We don't always feel happy. Sometimes things may happen which can make us feel other emotions like worry, sadness, frustration or anger. We can notice these emotions by how we behave, how we look and what we say.

Let us think of things that make us feel happy!

For more information check out #youvebeenmissed on bwc.nhs.uk/youve-been-missed



Activity - What helps us feel happy?

Resources required: Happy Flower exercise (Appendix A) and writing equipment

Instructions:

- Together discuss things that make people happy. Share with them some of the things that make you feel happy
- Support the child to complete the Happy Flower Worksheet (Appendix A). Alternatively you, or the child, can draw a flower on a piece of paper.

Appendix A

The Happy Flower

Colour the flower in below and write something that makes you happy on each petal. When you have a big feeling, look at your flower for ideas to help you feel better.

