

CHOOSE HAPPY

Give a Smile a Try

ACTIVITY SHEET

Activity 1: GET HAPPY!

How would you fill in these blanks? Try completing them every day to feel happier.

GET HAPPY!

I really *laughed* today when _____

I was *proud* of myself today when I _____

I felt *successful* today when I _____

Here are *three things* that made me *feel happy* today:

1. _____
2. _____
3. _____



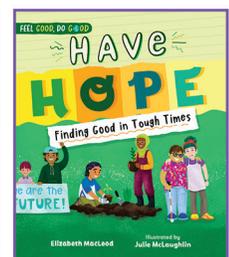
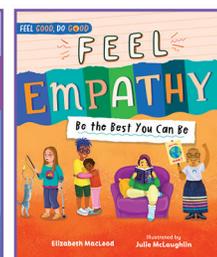
The *best part* of my day today was: _____



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FEEL GOOD, DO GOOD

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Activity 2: REPLACE THOSE NEGATIVE THOUGHTS!

Too much negative thinking can actually make you feel sick. Take a look at the examples and then add three examples of your own. Turn those negative thoughts into positive ones!



IF YOU THINK:



CHANGE IT TO:



I'm bad at everything.

I do the best I can.

I don't fit in.

I'm unique! There's only one me.



1.

2.

3.



Discussion Questions:

1. Who are three people who make you feel happy?
2. Which season of the year makes you happiest?
3. What are three things you do to feel happier when you're feeling down?
4. What are three things you could do if a friend tells you they're feeling unhappy?
5. Which quote about happiness in the book is your favorite? Write it on a bookmark or stone, decorate it and carry it with you.
6. What's your favorite joke? Make a card with the start of the joke on the front and the punchline on the inside. Give it to a friend or family member.

