



Feelings & relationships

- Lesson 1: Feelings and relationships
- Lesson 2: Anger
- Lesson 3: Fear
- Lesson 4: Frustration
- Lesson 5: Managing change
- Lesson 6: Happiness and sadness
- Lesson 7: Developing self-confidence
- Lesson 8: Happy endings
- Lesson 9: A new baby
- Lesson 10: Friendship web

Lesson 6: Happiness and sadness

 30-45 mins

Aim

To help children understand how people overcome problems and achieve happiness.

Learning outcomes

Children should be taught:

- to recognise, name and deal with their feelings in a positive way;
- how to set simple goals;
- to take part in discussions with one other person and the whole class;
- to relate feelings to aspects of everyday life.

Resources

- A copy of *Mr. Happy* by Roger Hargreaves
- **Activity sheet:** *Sad Sam finds happiness*
- **Activity sheet:** *Sad Sam's choices*
- Pencil and coloured pencils

Activity

Read *Mr. Happy* and act out the story including all the children in the class. Ask children questions that are related to the feelings in the book, such as:

Key Questions

Why is Mr. Happy happy?

Why is Mr. Miserable so unhappy?

How could we make him happy if Mr. Happy was not there to help?

Using the **Activity sheet:** *Sad Sam finds happiness*, ask the children to find a route through the maze to help Sad Sam reach Happy Harry and so find happiness. Explain that they can go through the numbered gates. Then ask them to answer the questions on **Activity sheet:** *Sad Sam's choices* and discuss the options they have chosen.

Further suggestions

Ask the children to make happy and sad puppets, and then make up their own story, using happy and sad puppet characters.

Ask the children to make happy and sad mobiles or jigsaws.

Ask the children to find happy and sad images in books or on the computer; ask them to describe why and how the images portray these feelings?

Differentiation

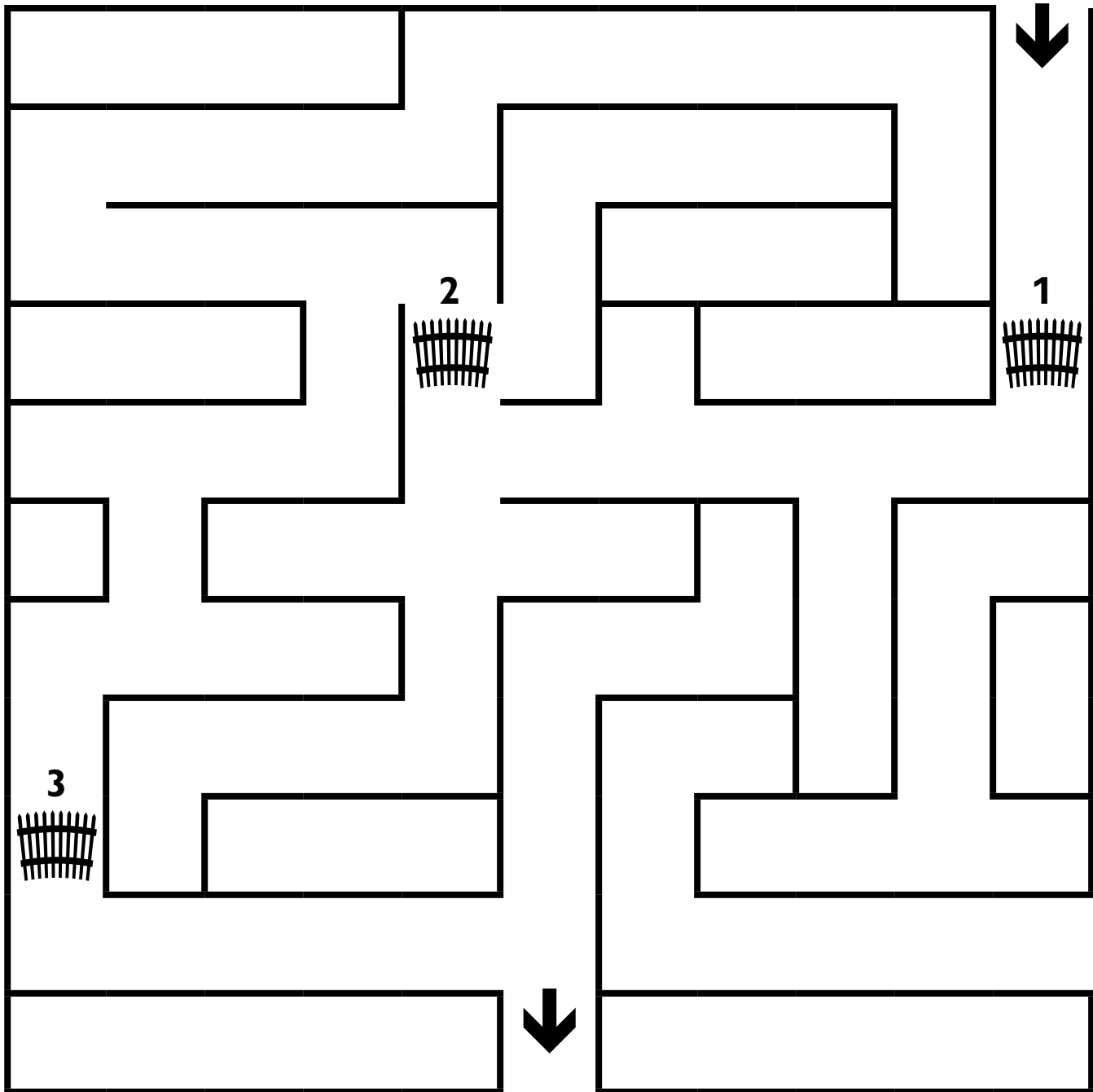
More able: Ask the children to draw happy and sad faces and write a description of what makes us feel this way.

Name: _____

Date: _____

Sad Sam finds happiness

Help Sad Sam reach Happy Harry to find happiness.



Name: _____

Date: _____

Sad Sam's choices

**What could Sad Sam do to open the gates?
Colour or tick the right choice.**

Gate 1

1. Make a cross face

2. Say 'Hello' to the gatekeeper

3. Walk away

Gate 2

1. Cry

2. Stamp his foot

3. Play a game with the gatekeeper

Gate 3

1. Share a toy with the gatekeeper's son

2. Eat a biscuit

3. Go back home