

Feeling Happy Body Signs

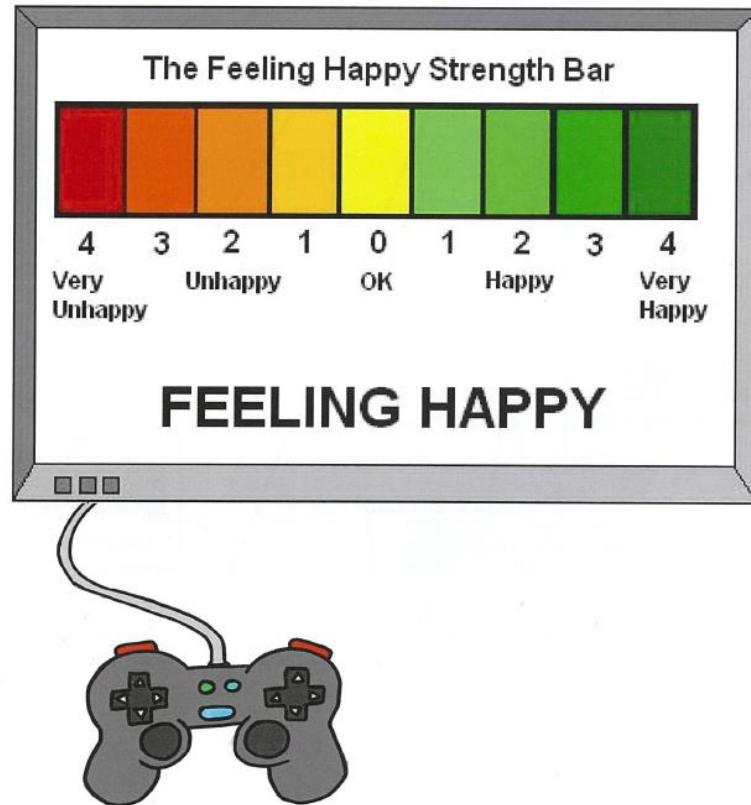
What makes me happy?
How do you know I'm happy?
How do others know I'm happy?



Lesson 3

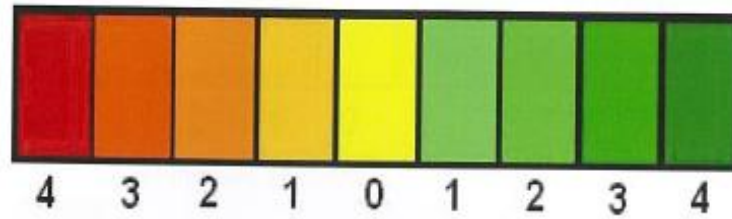
- ▶ WALT learn about **FIBS**
- ▶ Recognise that “happy” **F**eelings have different **I**ntensities
- ▶ Recognise our **B**ody signs are associated with feeling that way
- ▶ Recognise **S**ituations that make us feel this way
- ▶ WILF I can tell Happy **FIBS** by using my Strength Bar

The Feeling Happy Strength Bar



How happy are the bears?

The Feeling Happy Strength Bar

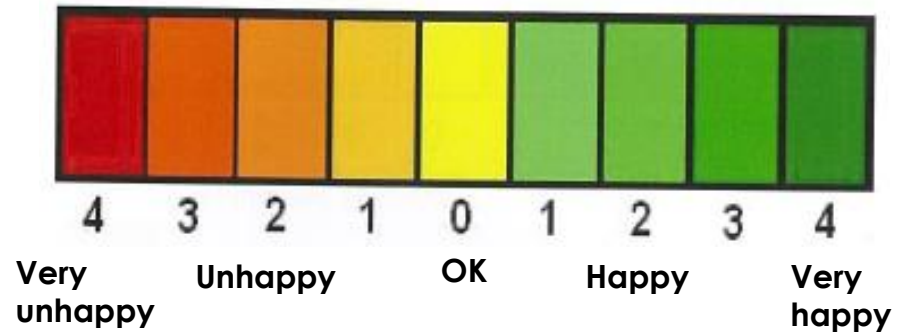


Very Unhappy Unhappy OK Happy Very happy



How happy is Adam?

The Feeling Happy Strength Bar



Kate gives Adam a lolly



Kate invites Adam to her party



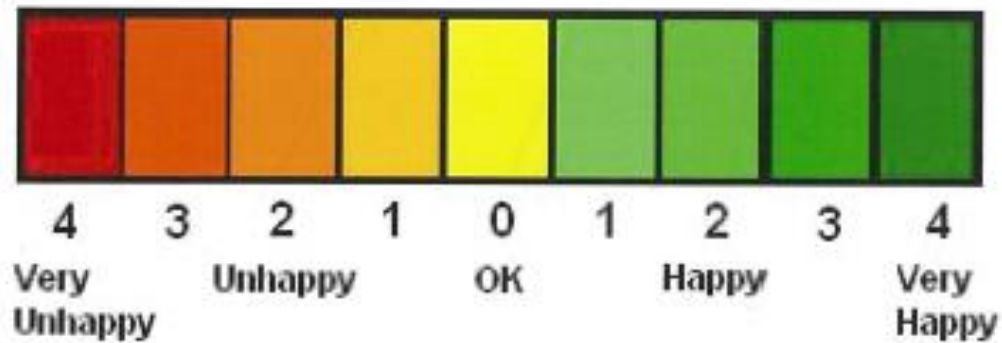
Adam wins Connect 4



Adam and Kate win a trip

Feeling Happy Activity

The Feeling Happy Strength Bar



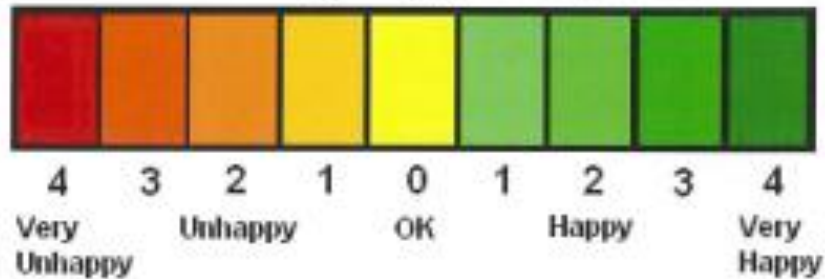
FEELING HAPPY

Feelings like happy



Follow up activity:

The Feeling Happy Strength Bar



This week I felt happy when: (Draw an arrow from this box to the "Feeling Happy Strength Bar" to show how happy this situation made you.)

The Happy Body Signs I showed are:

Joy's Memorable Moments

- ▶ Discuss feelings of happy that the characters experience.
- ▶ How intense are they?
- ▶ Why is it important to show and discuss feelings?
- ▶ What Zone of Regulation would the feeling of happy go in?

- ▶ Joy's Memorable Moments