

BOOK TITLE

**That Makes
Me Happy**

TOPIC

About Me**Essential
Question**

What behaviours make people happy, and what behaviours might make people sad?

Teaching Strategy

In this lesson, the teacher will focus on having the students relate the material to their own experiences, and use visuals to enhance instruction.

REQUIRED MATERIALS

- **Happy or Sad Cards**
- **Optional:** Happy Star Chart (chart paper or on the board)

LEARNING ACTIVITIES

Class discussion about the book *That Makes Me Happy*.



Happy or Sad Cards activity.

LEARNING CONNECTION

In this extension activity, the students will begin to learn about behaviours that will make themselves and their classmates happy, including positive ways of working and playing together. The extension activity builds on the different behaviours they learned in the book *That Makes Me Happy*.

READING VOCABULARY

Feel, happy, sad.

PRE-LESSON PREPARATION

1. Cut out the **Happy or Sad Cards**.
2. Prep a large piece of chart paper (or the board) with all of the students' names on it and a large space to the right of the students' names. The empty space to the right of the names will be where star stickers can be placed.
 - If you already have a reward system in place, you can use that instead of the Happy Star Chart.

LESSON PLAN: THAT MAKES ME HAPPY

1. Talk to the students about the book. Say:



“In the book *That Makes Me Happy*, we learned that doing nice things for people makes them happy. Do you like making people happy? Why?”

Answers might include: yes, because it makes me feel good, because it makes others feel good, because it is helpful, etc.

“What are your favourite things to do to make people happy?”

Answers might include: playing with my friends, cleaning up after dinner for my mom, helping friends with homework, etc.

- ☛ Let the students talk about the different things they can do to make other people, especially their friends and family, happy.

2. Say:



“Sometimes the things we do can make other people sad. Who here likes feeling sad?”

- ☛ None of the students should answer that they like feeling sad.

3. Next, say:



“Today we are going to play a game. I am going to hold up a card with a picture on it. The picture will show a person doing something. You have to tell me if what they are doing would make you happy or sad.”

4. Ask the students if they understand the game, and when they do understand, begin the game.

5. Hold up the first card from the **Happy or Sad Cards** and say:



“Would this make you happy or sad?”

- ☛ Let the students answer “happy” or “sad” as a group.
- ☛ **Optional:** You could designate one side of the room as the “Happy” side and the other side of the room as the “Sad” side. When you ask the students whether the action makes them happy or sad, have them move to the appropriate side of the room.

LESSON PLAN: **THAT MAKES ME HAPPY**

6. When the students have answered, ask them why the activity on the card would make them happy or sad.

- ☛ You can pick one or two students to explain why this action would make them feel either happy or sad.

7. Continue the game until you have gone through each card.

8. **Optional:** To finish the lesson, say to the students:



“Today we learned that there are lots of things we can do to be good friends and help make others happy.”

- ☛ If you already are using a classroom reward system, you may choose to proceed with the next part of the lesson using your existing reward system.



“I have created a Happy Star Chart that I am going to hang up on the wall. It has each of your names on it. Every time I see one of you doing something nice or helpful for one of your classmates, I will give you a star. The person with the most stars at the end of the week will be named our Happy Star of the week.”

- ☛ You can choose to give this student a small prize if you wish.
- ☛ You can create the Happy Star Chart before the activity, so it is ready to be displayed after the activity is finished.

SHARING AND DISPLAYING (CLASSROOM REINFORCEMENT)

- ☛ Happy Star Chart