

What Kind of Happy Are You?

Celebrate International Day of Happiness with Proof Positive

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Overview

Happiness is typically the one word we use to describe feeling satisfied or enjoyment in what we're doing. There are actually 10 different words to describe that enjoyable feeling called the **10 Big Positive Emotions**: awe, inspiration, pride, interest, serenity, love, gratitude, hope, joy, and amusement. Learning and using this vocabulary can help us learn about and experience more good in our lives.

Activity Instructions

Materials to Prep in Advance

Print out and display the 36x24" What Kind of Happy Are You? Poster (page 3 or 4) OR create a DIY poster using the Printable Poster Pieces (pages 6-15). Print & cut enough What Kind of Happy Are You? Slips (page 5) for each person in your class.

Instructions

1. Pick one of the 10 positive emotions.
2. On the slip, write your name and a time you feel that emotion.
3. Then, go stick it on the poster or bulleting board next to the positive emotion you picked.
4. When it's time, share out and discuss your positive emotion experiences.

Optional Modifications

If your students are struggling to reflect on experiences of positive emotions, you can ask them to name the positive emotion they're feeling in the moment. They can put their name on the slip and pin it on the poster or bulletin board next to the positive emotion they are feeling (e.g. I feel joy, or I feel pride).

For some learners, learning about the 10 positive emotions might start with a teacher or a parent simply labeling the emotions when there's an opportunity. Maybe a student expresses significant joy when swimming; label that with "you look joyful in the pool," or when a student is peacefully listening to music, you could quietly mention, "It looks like that music gives you the feeling of serenity." This is a great way to start to build the vocabulary for students who may not have had a lot of opportunity to hear these words.

What Kind of Happy Are You?

There are 10 Positive Emotions to describe good feelings:



What Kind of Happy Are You?

There are 10 Positive Emotions to describe good feelings:



What Kind of Happy Are You? Slips

Pick one of the 10 positive emotions. Write your name and a time, place, or activity when you feel that emotion (for example: I feel joy when I'm playing with my dog, or I feel pride when I score a goal). Then, go stick it on the poster next to the positive emotion you picked. When it's time, we will share and discuss your positive emotion experiences!

Name: _____

I feel _____ when:

Name: _____

I feel _____ when:

Name: _____

I feel _____ when:

Name: _____

I feel _____ when:

Name: _____

I feel _____ when:

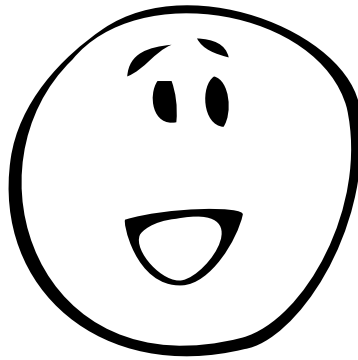
Name: _____

I feel _____ when:



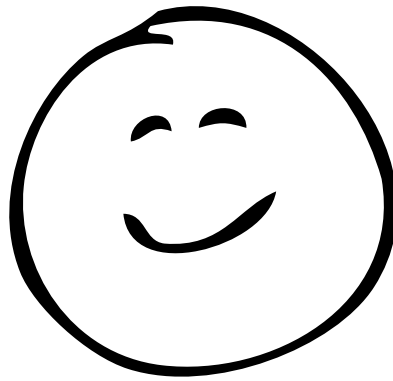
Love

A shared positive
connection with someone



Inspiration

Feeling moved or motivated by
an uplifting experience



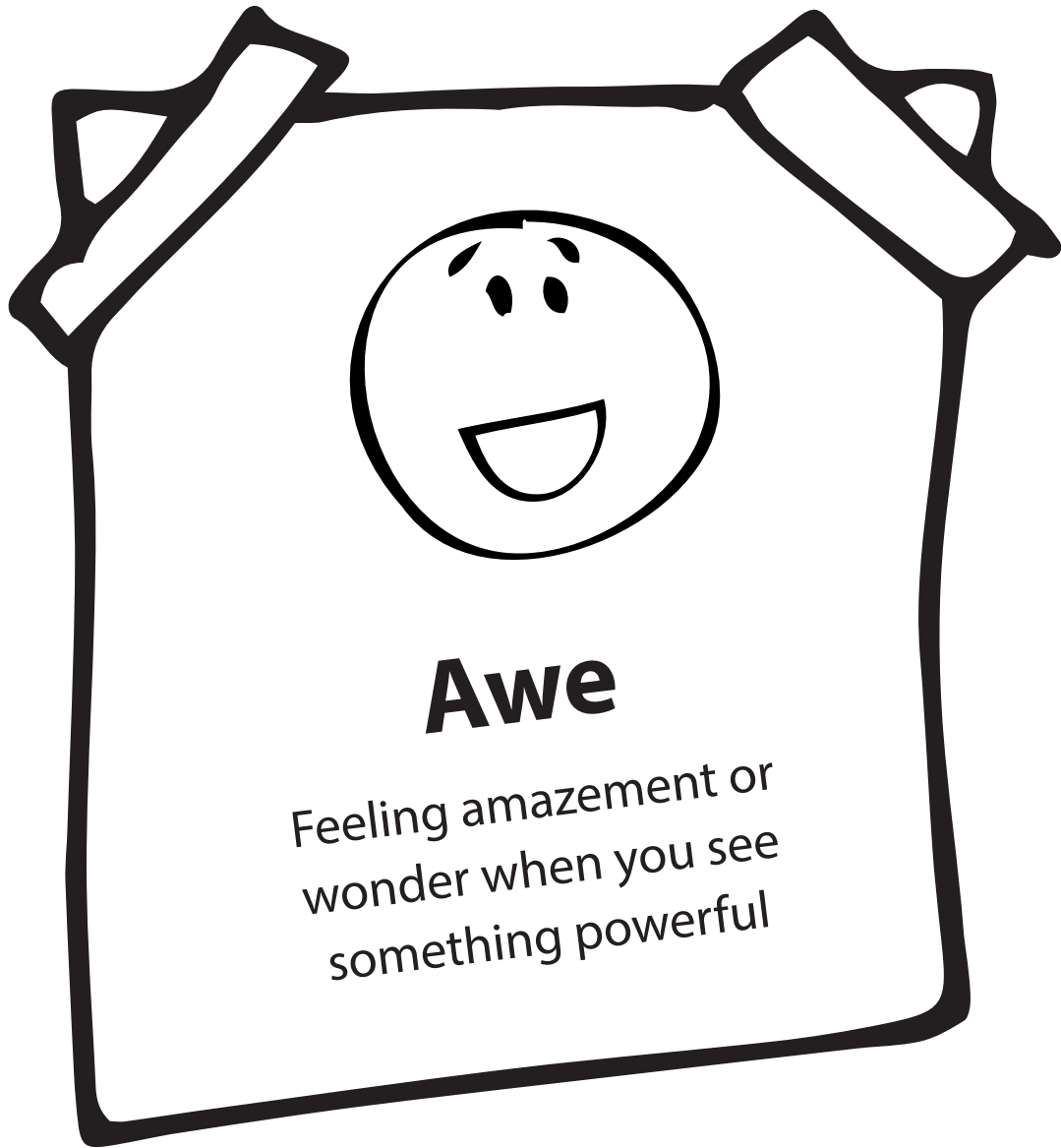
Gratitude

Feeling thankful for the
good things in life



Serenity

The feeling of being
calm and peaceful

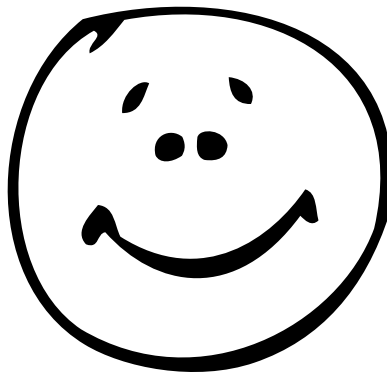




Interest

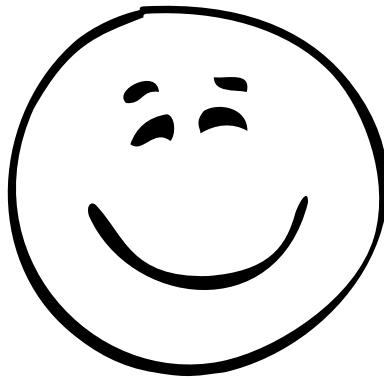
Having a curiosity or desire to
learn, know, and explore





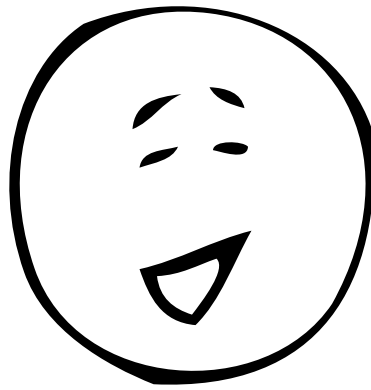
Pride

Feeling fulfillment in ourselves
for accomplishing a goal



Hope

Believing that things will
turn out for the best

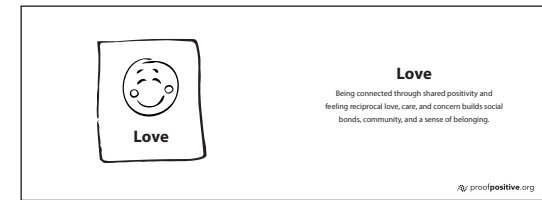
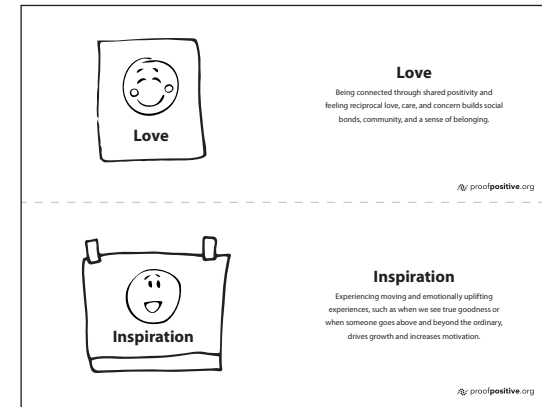


Amusement

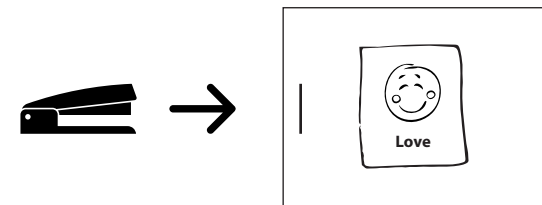
Experiencing something fun,
playful, or entertaining

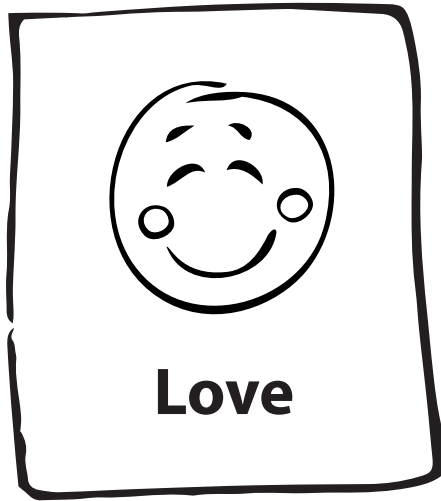
How to Make Your Positive Emotions Flashcards

1. Print each sheet.
2. Cut in half longways along the dotted line.
3. Fold each card so art and title show on one side and the definition shows on the other side.
4. Staple or glue folded sides together.
5. Practice knowing the 10 Positive Emotions.



Fold ↗





Love

Being connected through shared positivity and feeling reciprocal love, care, and concern builds social bonds, community, and a sense of belonging.

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Inspiration

Experiencing moving and emotionally uplifting experiences, such as when we see true goodness or when someone goes above and beyond the ordinary, drives growth and increases motivation.

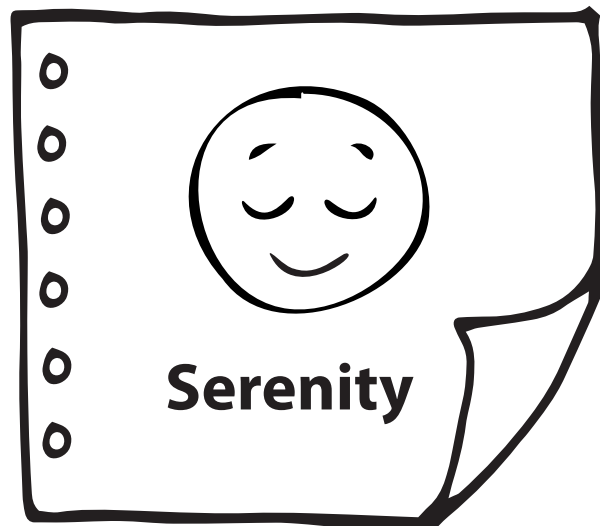
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Gratitude

Appreciating the good in life and feeling thankful for gifts given, kindness extended and time invested helps us strengthen relationships and learn to care for something outside of ourselves.

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Serenity

The feeling of being at ease or peaceful, knowing that all is right and as it should be, helps us experience calm and feel grounded.

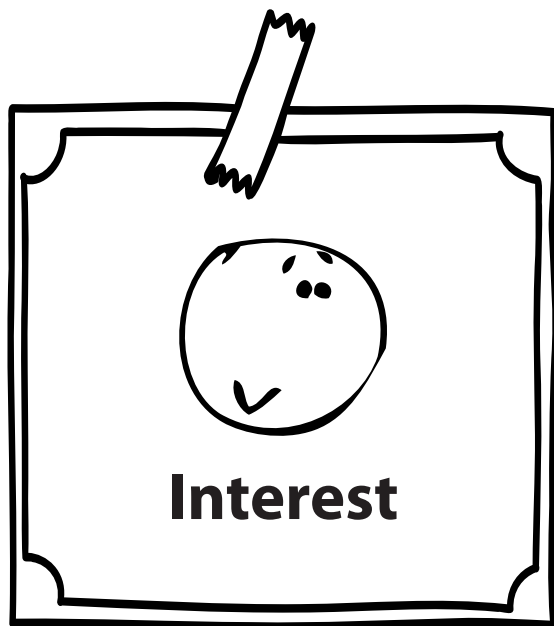
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Awe

Feeling wonder and reverence toward something extremely powerful and admired allows us to expand our perspective and create a deeper worldview.

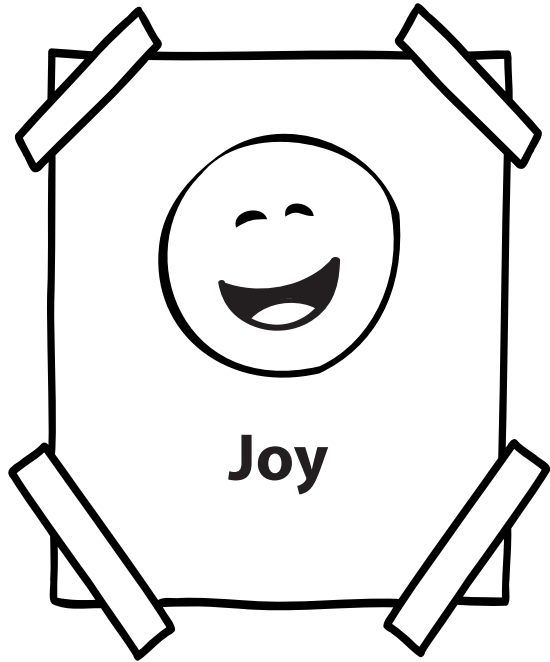
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Interest

A state of intrigue and wonder, where we want to know more, learn and explore allows us to expand our thinking and gain access to new knowledge.

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Joy

Being surprised or delighted with an unexpected good thing allows us to gain new skills through new experiences.

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Pride

When we accomplish a goal or contribute in an important way, we feel pride in our own abilities and are more motivated and energized to achieve greater things.

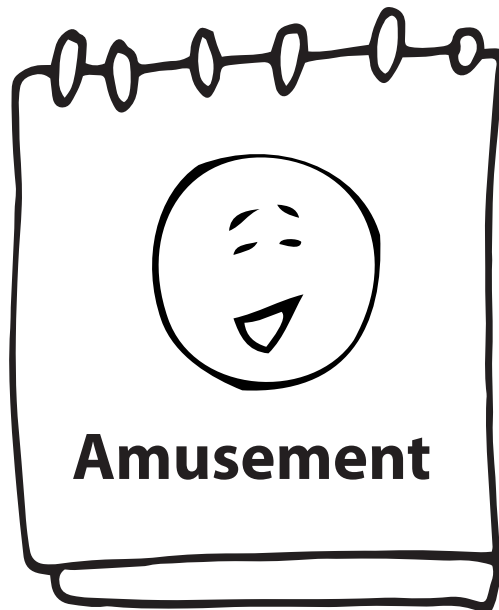
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Hope

Having a belief and feeling that things will turn out for the best and that good things are coming inspires us to be optimistic and experience greater resilience during harder times.

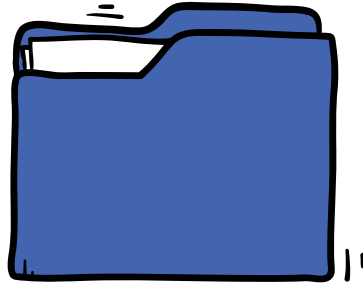
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Amusement

Experiencing fun, humorous and playful situations with others helps us build connections with others and enhance our mental and physical health.

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What Kind of Happy Are You?

Three File Folder Activities

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What Kind of Happy Are You?

Activity #1: Picture and Emoji Matching

Overview

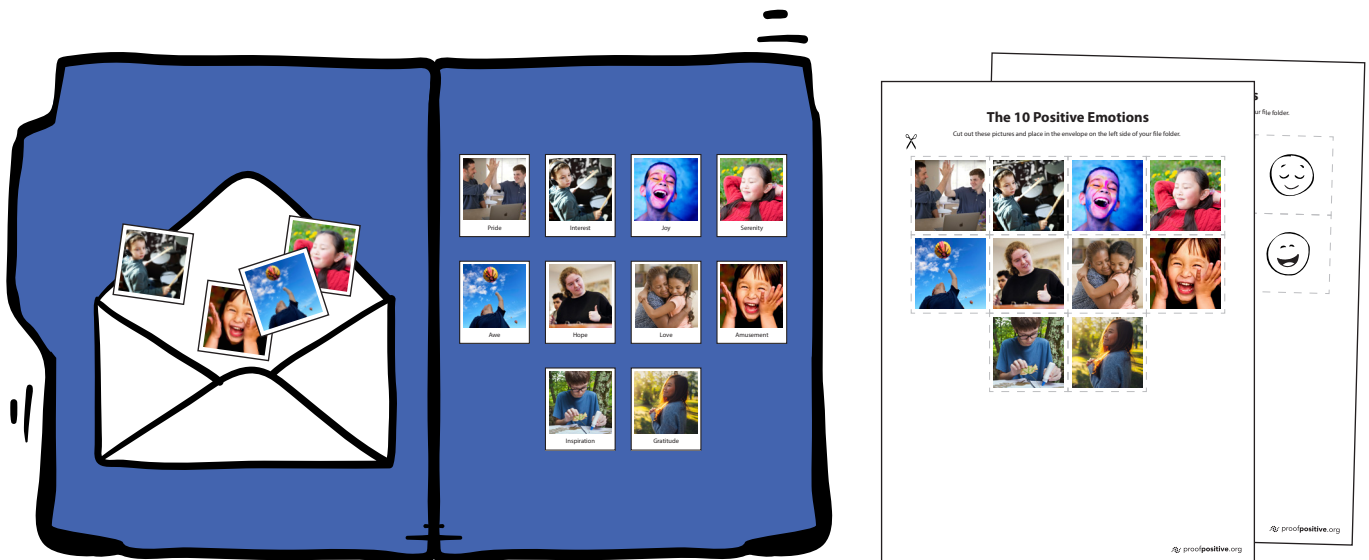
Are you looking for ways to incorporate happiness and social- emotional learning into your classroom on the International Day of Happiness? This file folder activity is great for students working on picture or emoji matching (identical) and will allow them to identify the 10 positive emotions.

Contents

- One set of colored, printable images that represent the 10 positive emotions for students to select from
- One set of colored, printable images (identical) that represent the 10 positive emotions for students to match to
- One set of printable emojis that represent the 10 positive emotions for students to select from
- One set of printable emojis (identical) that represent the 10 positive emotions for students to match to

Prep Instructions

- Print both sets of images above and cut on the dotted lines
- On the left side of your file folder, fill an envelope with the student images or emojis to select from
- On the right side of your folder, paste down the 10 images or emojis for the students to match to



Optional

Place velcro on the back of the images or emojis students will be selecting from and place velcro under the images or emojis students will be matching to. This will allow the images or emojis to stay secure through the activity.

Suggestions for Use

Instruct students to match photo to photo or emoji to emoji of the 10 positive emotions! This activity can be utilized for independent work systems, file folders, work baskets, morning work, generalization of concepts, and even direct instruction, discrete trials and more!"

The 10 Positive Emotions



Cut out these pictures and place in the envelope on the left side of your file folder.



The 10 Positive Emotions



Cut out these pictures and paste on the right side of your file folder.



Pride



Interest



Joy



Serenity



Awe



Hope



Love



Amusement



Inspiration

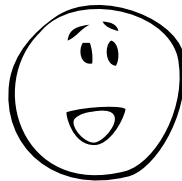
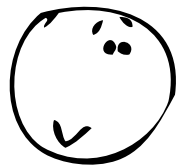
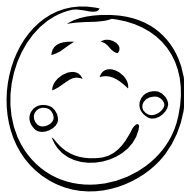
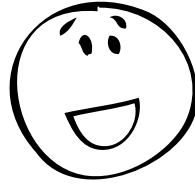
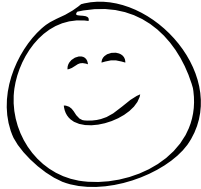


Gratitude

The 10 Positive Emotions



Cut out these emojis and place in the envelope on the left side of your file folder.



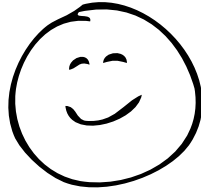
The 10 Positive Emotions



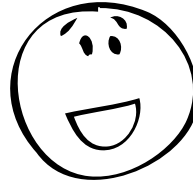
Cut out these emojis and paste on the right side of your file folder.



Pride



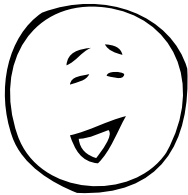
Gratitude



Awe



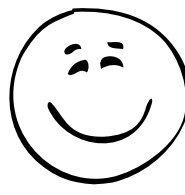
Serenity



Amusement



Love



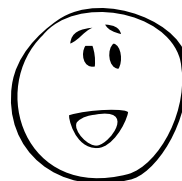
Hope



Joy



Interest



Inspiration

What Kind of Happy Are You?

Activity #2: Word Matching

Overview

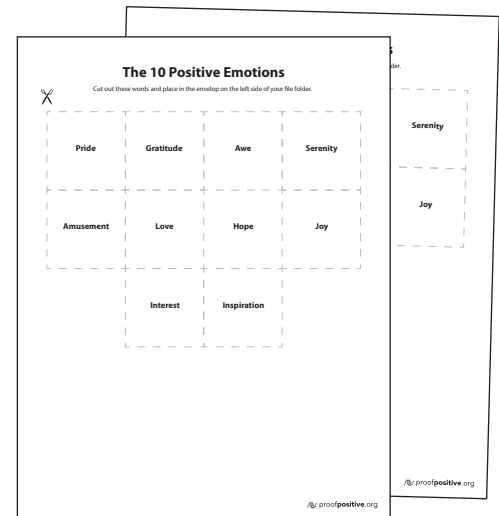
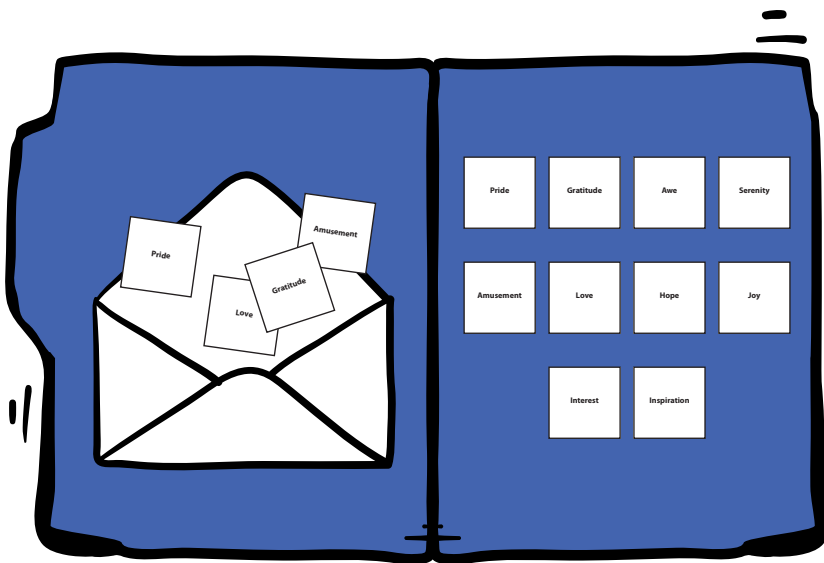
Are you looking for ways to incorporate happiness and social-emotional learning into your classroom on the International Day of Happiness? This file folder activity is great for students working on word matching (identical) and will allow them to identify the 10 positive emotions.

Contents

- One set of printable words that represent the 10 positive emotions for students to select from
- One set of printable words (identical) that represent the 10 positive emotions for students to match to

Prep Instructions

- Print both sets of words above and cut on the dotted lines
- On the left side of your file folder, fill an envelope with the words to select from
- On the right side of your folder, paste down the 10 words for the students to match to



Optional

Place velcro on the back of the words students will be selecting from and place velcro under the words your students will be matching to. This will allow the words to stay secure through the activity.

Suggestions for Use

Instruct students to match each of the 10 positive emotions words! This activity can be utilized for independent work systems, file folders, work baskets, morning work, generalization of concepts, and even direct instruction, discrete trials and more!

The 10 Positive Emotions



Cut out these words and place in the envelope on the left side of your file folder.

Pride

Gratitude

Awe

Serenity

Amusement

Love

Hope

Joy

Interest

Inspiration

The 10 Positive Emotions



Cut out these words and paste on the right side of your file folder.

Pride

Gratitude

Awe

Serenity

Amusement

Love

Hope

Joy

Interest

Inspiration

What Kind of Happy Are You?

Activity #3: Matching Positive Emotions to Self

Overview

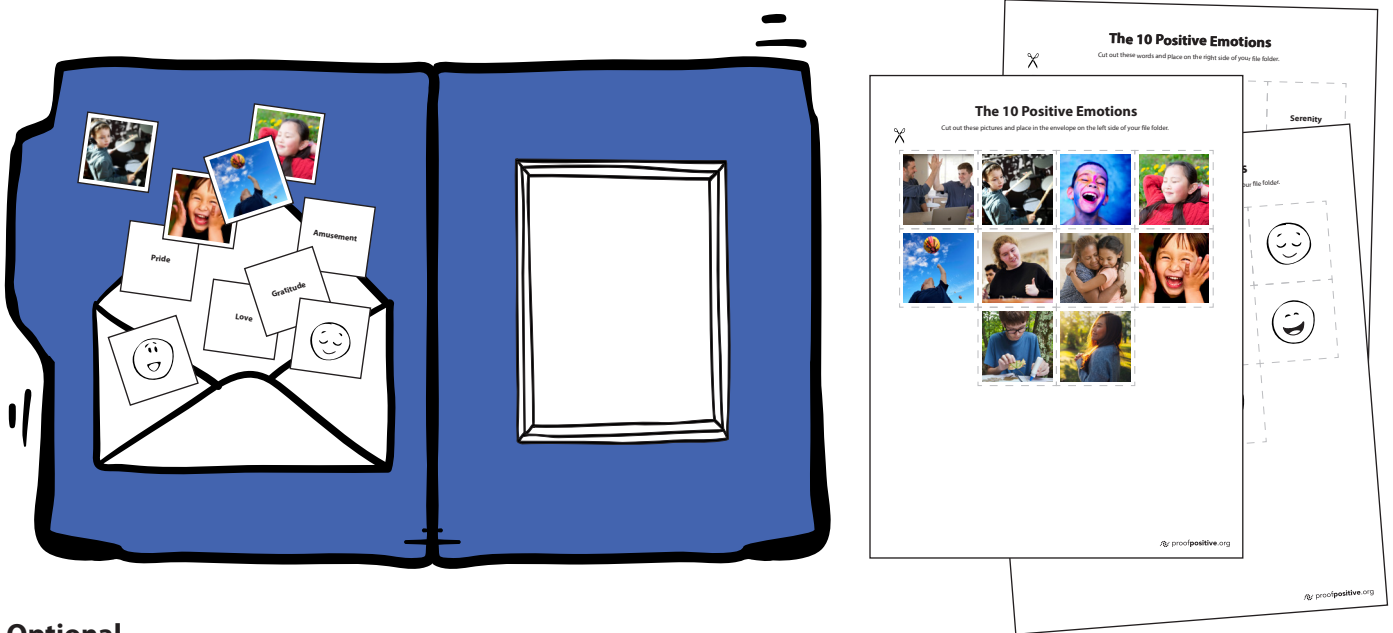
Are you looking for ways to incorporate happiness and social-emotional learning into your classroom on the International Day of Happiness? This file folder activity is great for students working on word or picture identification, and will allow them to identify the 10 positive emotions by matching one they're feeling in the moment to their own picture.

Contents

- Frame to cut out and paste onto the right side of the folder
- Option 1: Two versions of printable **IMAGES** that represent the 10 positive emotions for students to select from
- Option 2: One sheet of printable **WORDS** that represent the 10 positive emotions for students to select from

Prep Instructions

- Depending on student need, print option 1 (positive emotion images) or 2 (positive emotion words)
- On the left side of your file folder, fill an envelope with the image or word options to select from
- On the right side of your folder, paste down the frame for your student to paste an image of themselves



Optional

Pre-print out the students yearbook photo to paste into the frame on the right side of the folder

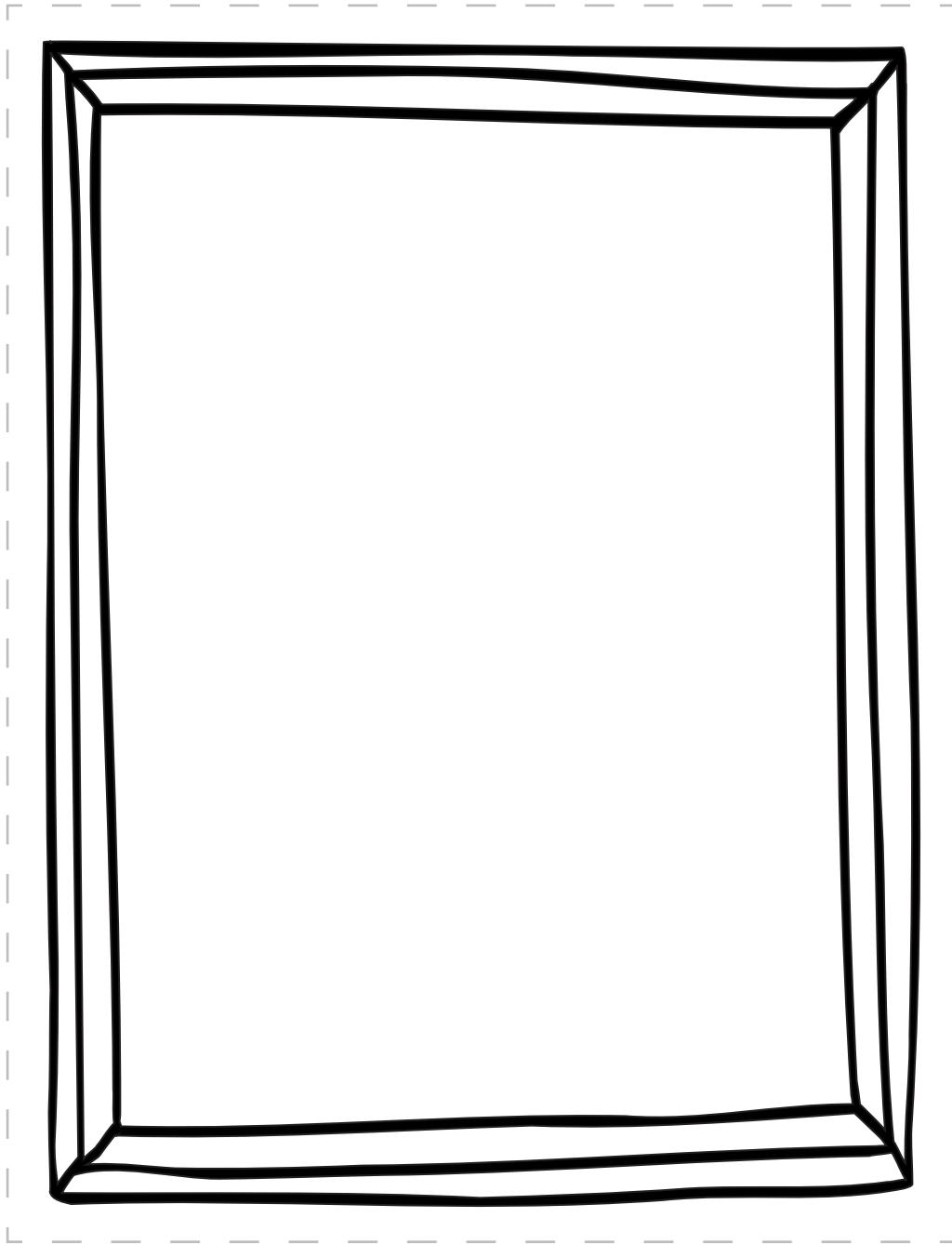
Suggestions for Use

Instruct students to match each of the 10 positive emotions words! This activity can be utilized for independent work systems, file folders, work baskets, morning work, generalization of concepts, and even direct instruction, discrete trials and more!

Matching Positive Emotions to Self

Cut out this picture frame and paste to the right side of the folder.

Students will paste a picture of themselves in the frame.



The 10 Positive Emotions



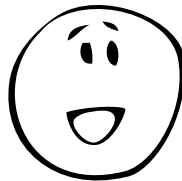
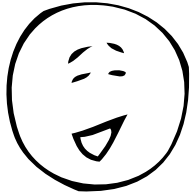
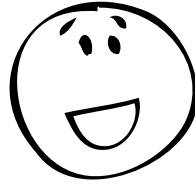
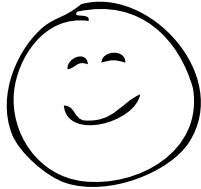
Cut out these pictures and place in the envelope on the left side of your file folder.



The 10 Positive Emotions



Cut out these emojis and place in the envelope on the left side of your file folder.



The 10 Positive Emotions



Cut out these words and place in the envelop on the left side of your file folder.

Pride

Gratitude

Awe

Serenity

Amusement

Love

Hope

Joy

Interest

Inspiration