

my

HAPPY



my Happy

MONSTERS

What happens to your body when you are happy?

- Shoulders are back
- Laughing
- Chin is up
- Standing up straight
- Positive thoughts
- Smiling
- Arms are open
- Relaxed muscles

HEART and MIND Teaching

MY HAPPY MONSTER



Session Objective:

- *Students will identify how their body feels and looks when happy.
- *Students will recognize different actions that make them happy.

Materials:

- *Pencils
- *Crayons
- *My Happy Monster handouts

Guiding Questions:

- *How do we look when we are happy?
- *What are some things that make us feel happy?

Session Details (about 30 minutes)

*My Happy Monster activity: "Everyone expresses their emotions differently, when happy some people smile, some laugh, some get relaxed muscles, some have their shoulders back. It's important to identify how we look when happy so when we are upset, we know how to get back to a happy state. Pass out the happy monster handout. Show them the example of the one that is completed. "This is your happy monster, describe how you look or act when happy then share with the group. You will notice some of us express our happiness in the same way." Pass out the color my monster handouts. "Now that we know how we look when happy, let's find out what makes us happy and what does not, color in the monster based on the color code and then we will discuss who has similar things that make them happy." Once everyone has completed their pages, go through each one and discuss why they put not happy, a little happy, or very happy. Next, give them the last two pages to complete about people and places that make them happy. "It's important to also determine what others do to bring out our happiness and locations that bring us happiness."

ASCA Standards Alignment:

- *Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)
- *Behavior: Social Skills: Use effective oral and written communication skills and listening skills (B-SS 1)

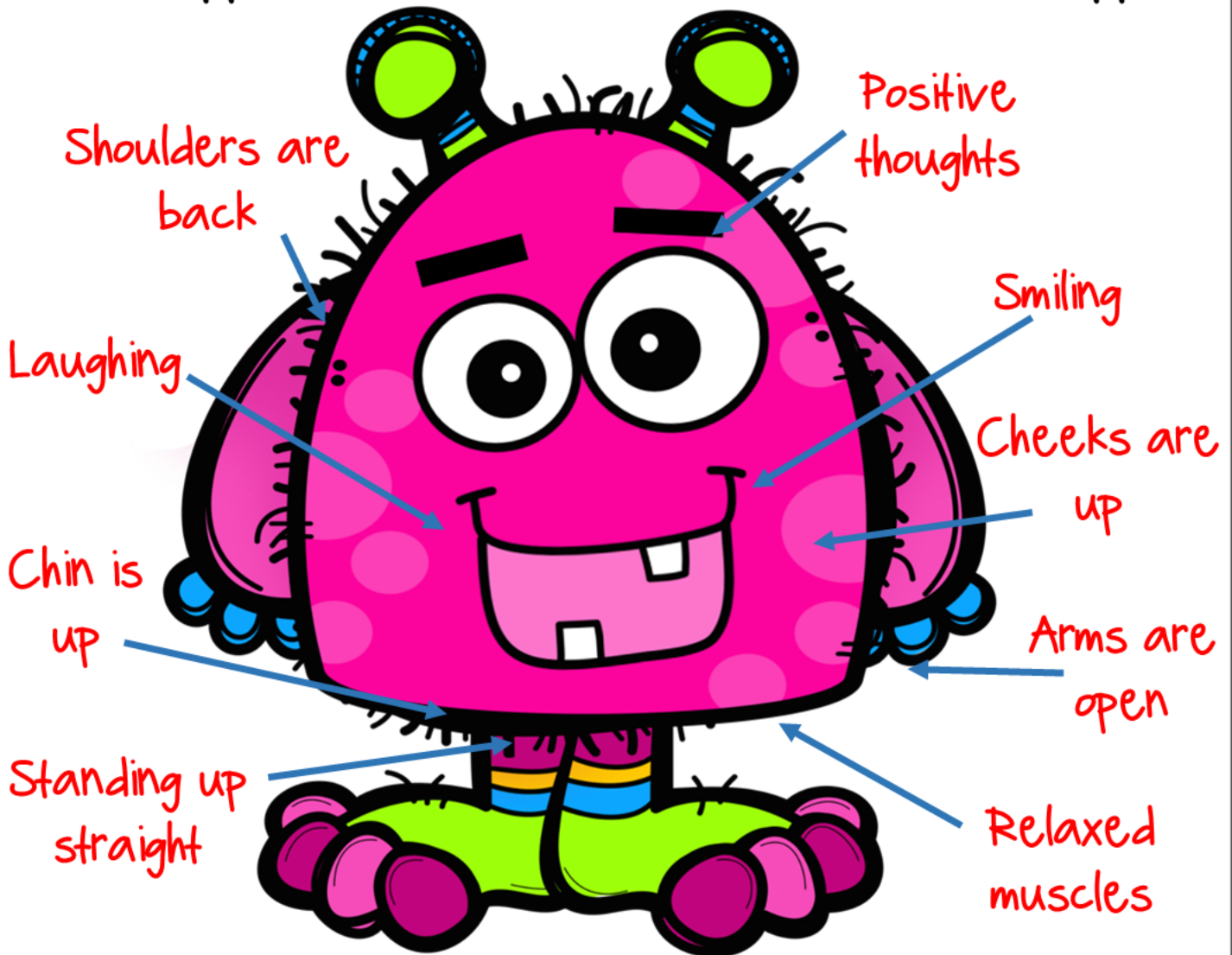
SEL Competencies:

- *Self-awareness: identifying emotions, accurate self-perception.
- *Responsible decision-making: identifying problems

My Happy



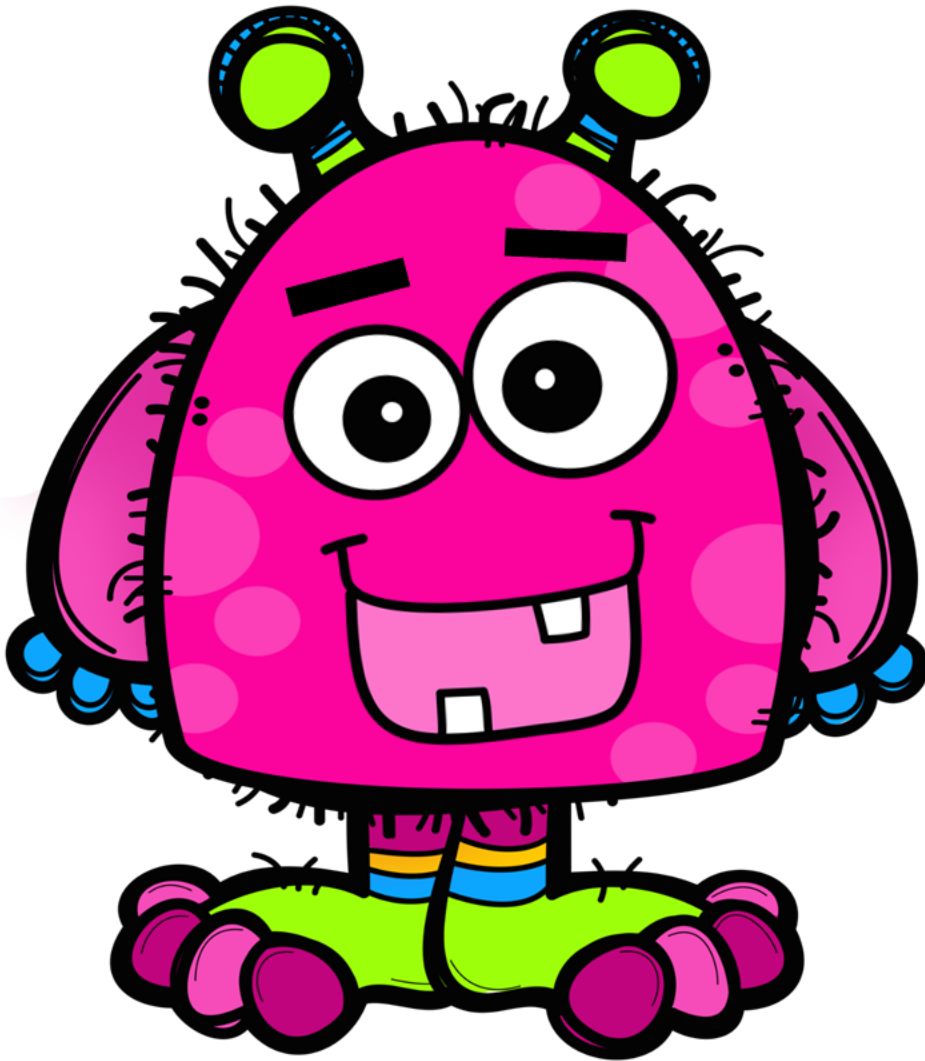
What happens to your body when you are happy?



My Happy



What happens to your body when you are happy?



Color your Happy Monster



Not
Happy



A little
Happy



VERY
Happy

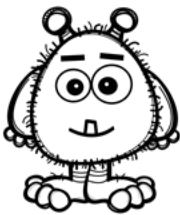
Color the monsters using the color code above, based on how you would feel to each given situation.



Someone gives
you a compliment.



You get a good
grade on a test.



You make the
honor roll.



Your parents get
you that new toy
you wanted.



A friend asks you
to play at recess.



A friend sticks up
for you.



Your teacher tells
you "good job"



You get invited to
a classmates
party.

Color your Happy Monster



Not
Happy



A little
Happy



VERY
Happy

Color the monsters using the color code above, based on how you would feel to each given situation.



You have your
favorite food for
lunch today.



Your parent gives
you a hug.



You get picked as
the line leader.



A friend smiles at
you.



You have no
homework this
weekend.



You get to play
at your friend's
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You have a cool field
trip coming up.



Your birthday is
next week.

Color your Happy Monster



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A little
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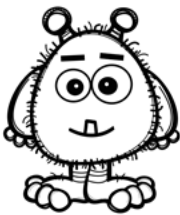
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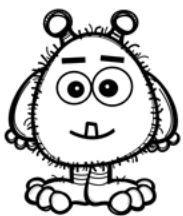
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Your parent says
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You get picked
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You get to be on
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My



Happy Monster

The people in our life sometimes bring out our Happy Monster, list what these people do that make you happy.

I get happy when my:

Mother

Father

Brother

Sister

Grandparent

Teacher

Coach

Friend



My



Happy Monster

Some places cause our Happy Monster to show itself, describe what happens in these areas in your life.

I get happy when this happens:

In my classroom

In the hallway

In the cafeteria

At Recess

On the school bus

In my neighborhood

On the playground

At home

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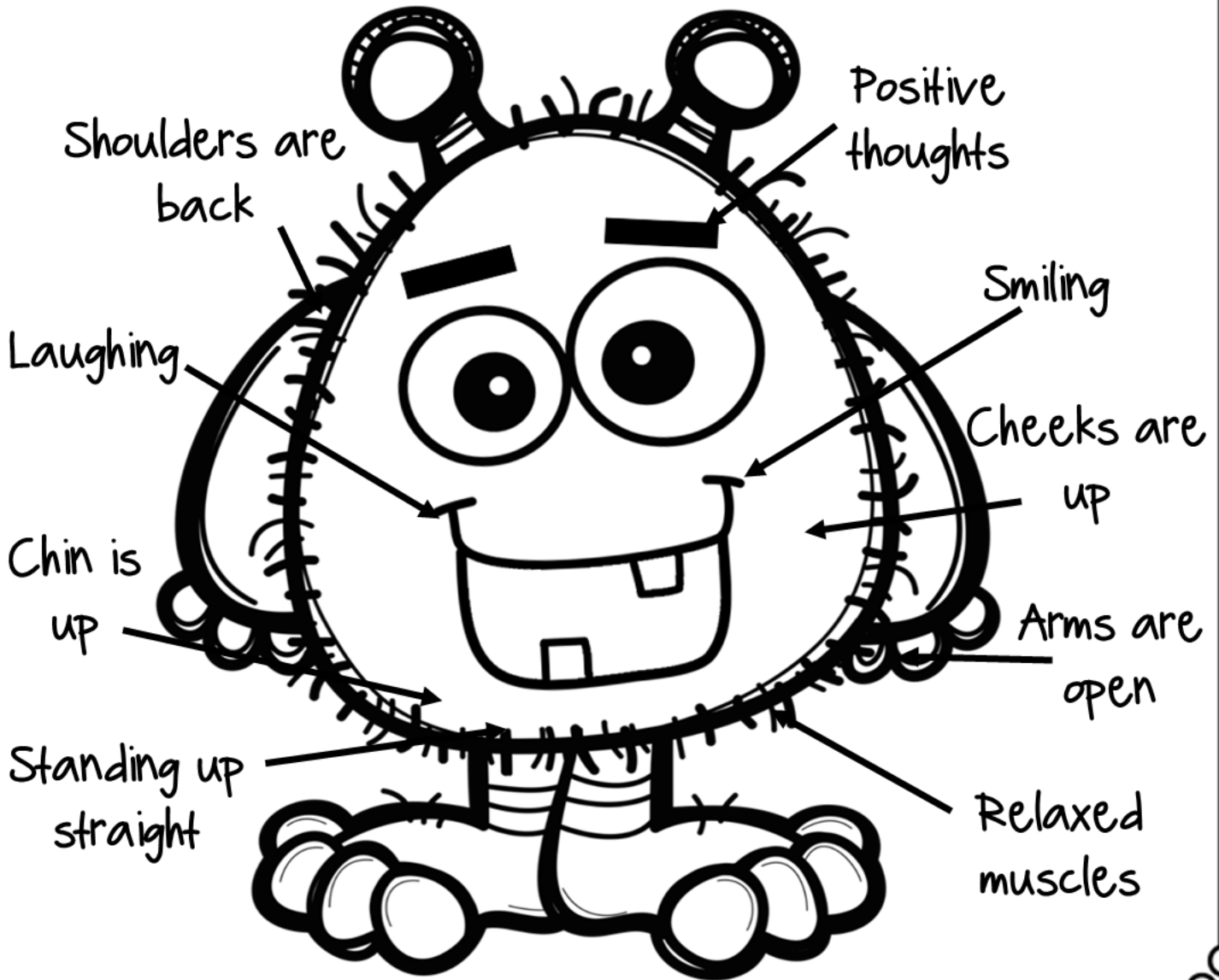
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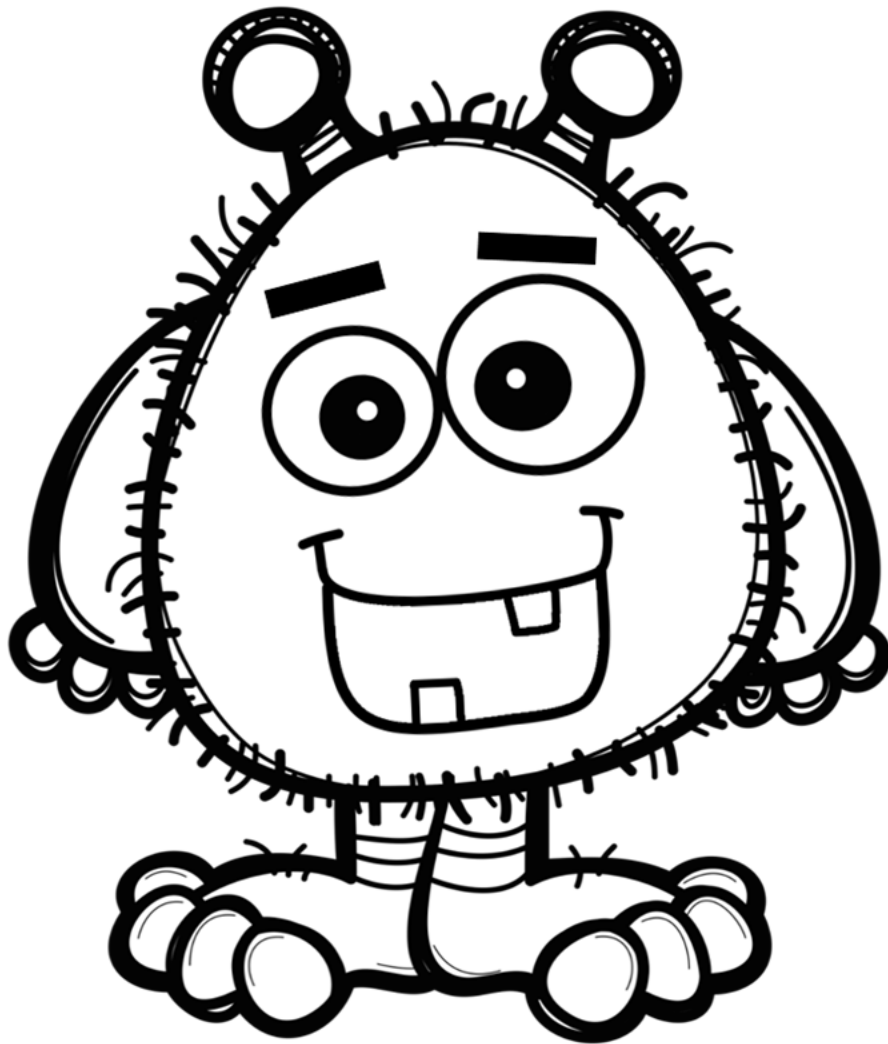
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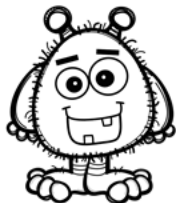
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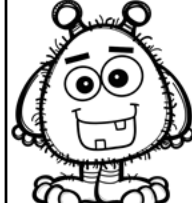
Color your Happy Monster



Not
Happy
(Blue)



A little
Happy
(Green)



VERY
Happy
(Pink)

Color the monsters using the color code above, based on how you would feel to each given situation.



Someone gives you a compliment.



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You make the honor roll.



Your parents get you that new toy you wanted.



A friend asks you to play at recess.



A friend sticks up for you.

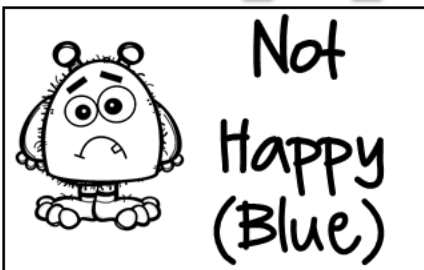


Your teacher tells you "good job"



You get invited to a classmates party.

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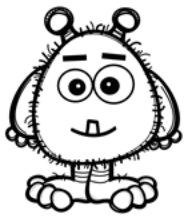
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You get to play at your friend's house.



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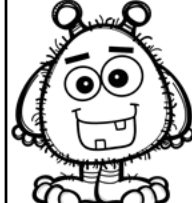
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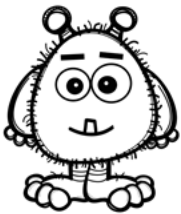


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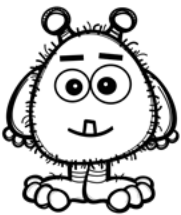
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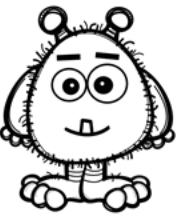
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GOOGLE CLASSROOM

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Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource into your Google Drive.

1 Click here  [My Happy Monster](#)

2 You will be prompted to make a copy of the resource. Click on the blue box that says "Make a copy" and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



3 Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

4 Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

5 From here, you should see a grey box that says "Students can view file." Click the grey box. A dropdown menu should appear. Select, "Make a copy for each student."

YOU HAVE TO MAKE A COPY FOR EACH STUDENT!

Otherwise they will all be editing the same file.

Click "Assign" in the top right corner if you're ready to post!



This activity is meant for google edit mode, the drag & drop and text boxes will not work in presentation mode.

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom](#) [Getting Started with Google Classroom \(youtube video\)](#)

ABOUT THE AUTHOR



I'M ASHLEY

an Elementary School Counselor.

I have a B.A. in Psychology and an M.A. in School Counseling. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning. I am a wife, and mother to 2 young boys. Thank you for supporting my little shop.

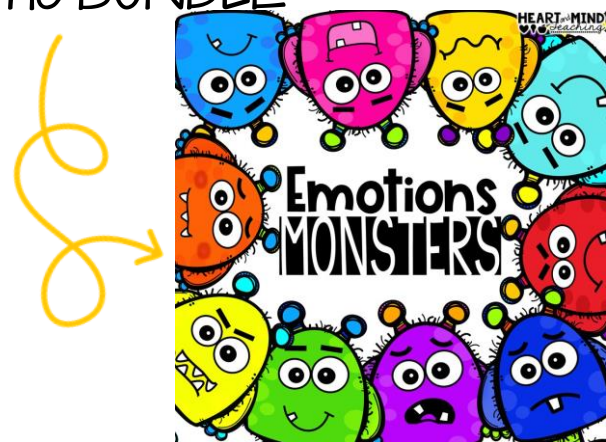
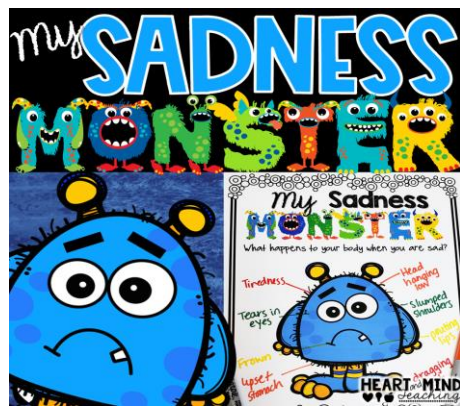
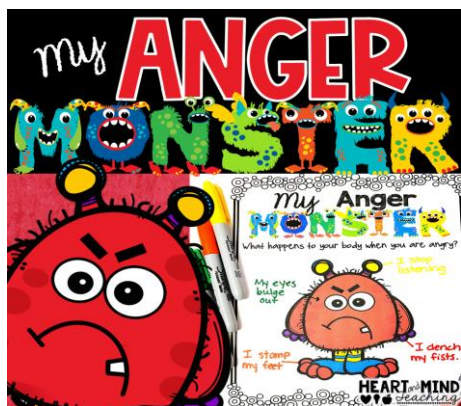
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Access my [freebie library](#) by subscribing to my newsletter, [click here](#)

RECOMMENDED RESOURCES

Check out more Monster Emotions in the BUNDLE



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