



Make a happy hand

Thinking about all the good things in your life can help you to feel happy. Can you think of five things to create your very own happy hand?

1 Lay one hand flat on a piece of paper or card.

2 Draw right around your hand including all four fingers and your thumb.

3 Draw one thing that makes you happy on each finger and on your thumb.

You will need

- a sheet of paper or card
- crayons or coloured pencils



Campbell
Books

NOTE FOR PARENTS AND CARERS

Help children to recognise happiness by talking about things they like doing and how this makes them feel. Focussing on happiness can help them to develop a more joyful disposition. Younger children may need help to draw around their hand, or let them draw around yours.

*Adapted from: Little Big Feelings:
When I am Happy*

