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| **Section: My Happy Book** | | | |
| **Objective:** | | Children create a ‘happy’ book to look at when needing to self-soothe.  SEL Competency: Self Management  Developmental level: Emergent  Key Message: Remembering things that make me feel happy helps me calm down when I am upset or mad.  Time: 4 minutes 30 seconds | |
|  | **Character name** | | **Content:** *Format*  (TONE OF ADDRESS)/‘Lines from script’/song/sound clip no. |
| **1.** | FX (sound FX) | | STANDARD INTRODUCTORY JINGLE NO.xx |
| **2.** | Host | | We are going to make our own books today! For this activity, you will need a notebook or a few sheets of blank paper that you can tie together. You will also need crayons, coloured pencils or markers.  Don’t worry if you don’t have these things with you right now. We are going to start the activity today but you can continue it on your own for as long as you want.  If you can, go and get some things to draw with. Remember, you will need a notebook or some blank sheets of paper, and some crayons, coloured pencils or markers. |
| **3.** | FX (sound FX) | | 30 seconds of music to allow children to gather their drawing things if they can |
| **4.** | Host | | Today, we are going to start the first page of a book of all the things that make us happy. We’re going to call this book our “Happy Book”!  We are going to do this so that when we are feeling bad, like when we are sad or mad or scared, we can look at our “Happy Books” and think about all the things that make us feel better! When we do these things, we are able to stop feeling bad and we start feeling good.  How does that sound? |
| **5.** | All | | Good! |
| **6.** | Host | | Can you think of things that make you feel happy? What are those things?  Call out your answers out loud at home! |
| **7.** | FX (Sound FX) | | 30 seconds of music to allow children time to call out what makes them happy |
| **8.** | Host | | Ok! Does anyone want to share with me what makes them feul happy? |
| **9.** | Child A | | My friends! |
| **10.** | Child B | | Playing with my dolls |
| **11.** | Child C | | Chocolate! |
| **12.** | Child D | | Singing and dancing! |
| **13.** | Host | | Great, now that we have thought of some of the things that make us happy, let’s draw them!  On the first page of your “Happy Book”, draw one of the things that makes you happy!  When you are finished, you can start a new page in your book where you draw another one of the things that makes you happy!  Can anyone share more ideas of what they are going to draw in their happy books? Now that you have listened to what makes your friends feel happy, can you think of any new ideas? Call out your answers at home! |
| **14.** | FX (Sound FX) | | 30 seconds of music to allow children time to call out what makes them happy |
| **15.** | Host | | Ok! Does anyone want to share with me what else makes them feel happy? |
| **16.** | Child A | | A sunny day |
| **17.** | Child B | | Playing by the river |
|  | Child C | | My garden |
|  | Child D | | My big sister |
|  | Host | | Wow! These all sound amazing!  So, take out your notebook or some blank paper, and begin to draw pictures of all these things that make you feel happy.  Draw as many things as you like! Then, the next time you feel bad, maybe you will be sad, or mad, or scared, I want you to try to remember to take out your “Happy Book”. See if you can do one of the things that makes you happy, or see if you can talk to one of the people who make you happy.  Do you think you can do this for me? |
|  | All | | Yes! |
|  | Host | | Perfect! I can’t wait to see your happy books and to hear all about how you are using them! Remember, the things that make us feel happy help us to calm down and to feel better when we are feeling bad. |