Kennedy Day School Social Skills Group Feelings - Happy

This social skills group lesson is designed to introduce students to different feelings.

The first lesson focuses on the feeling **happy**.

There are several ways to complete this lesson. Most important is to incorporate the words and symbols for the feeling throughout your child's day. For example, notice when you, your child, or anyone else in your home looks happy. Describe what their face and bodies look like. Notice what he or she is doing that is making them feel happy. Point out when you see people who look happy when you are watching a television show or movie or reading a book or magazine.

Feelings are a very abstract concept. The more your child hears and sees these words and is able to relate them to real life situations the better!

The supplemental document has 5 pages

- Page 1 links to happy songs and stories
- Page 2 pictures of children looking happy, sad, or angry
- Page 3 pictures symbols of happy and sad faces
- Page 4 -picture symbols of things that might make your child happy

Potential way to complete this lesson:

Introduce the topic to your child. You might say something like "Happiness is a feeling. It is normal to have many kinds of feelings everyday. Some feelings are nice to have. Happiness is a nice feeling."

Print the picture symbols of what a happy face might look like and help your child choose the picture symbols that look like a happy face. If your child has speech-generating device, help your child find the feelings page and choose the feeling happy.

Have your child practice making a happy face, using a mirror if possible so they can see themselves. You can also model a happy face for them to see.

Print out the real images of kids and help your child choose the children who look happy. Talk about what you see that helps you know they are happy, for example "this child is smiling, she looks happy. The child is crying, he does not look happy."

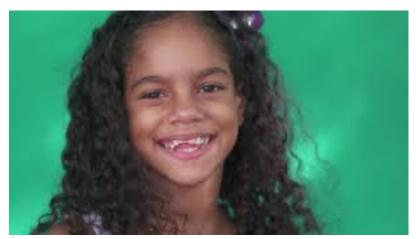
Print out the picture symbols of things that might make your child feel happy. Help your child make some choices of things that make them happy. If your child has a speech-generating device, help your child find some items on the device that make them feel happy. You can also have your child make choices using real objects in your home.

Can't stop the feeling - go noodle https://www.youtube.com/watch?v=KhfkYzUwYFk

Happy - Pharrell Williams https://www.youtube.com/watch?v=MOWDb2TBYDg

Happy, happy - storybooks https://www.youtube.com/watch?v=S-ngtAg9tW4

When I'm feeling happy (story) https://www.youtube.com/watch?v=fBlSYTkw6kc





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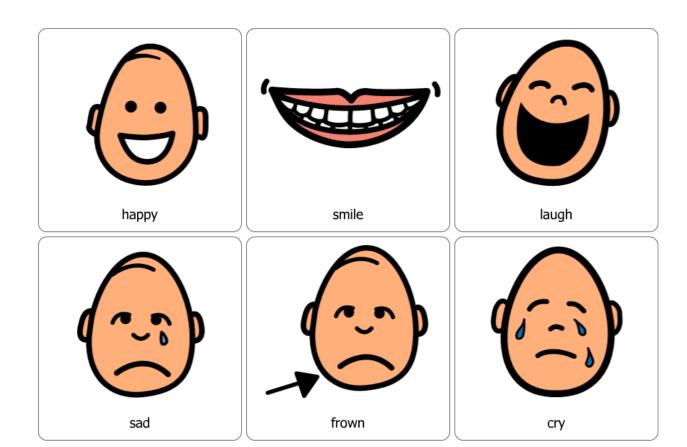








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I listen to music



I am relaxing



I use the iPad



I read a book



I spend time with family



I see my friends



I am on vacation



I go to school



I see my teachers



I spend time with my pet



I spend time with my family



I go for walk