

# Find your happy!



Feeling happy is a wonderful thing! But do you ever feel frightened, shy or angry? Everyone does sometimes, but there is always a way to FIND YOUR HAPPY. Use this worksheet to think about how you react to different feelings.



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Finish the sentences in the shapes below.  
What do you do when you feel different feelings... How do you find your happy? Perhaps you close your eyes, take a deep breath or escape into a favourite book...?



Draw yourself here

