

BEHOLD YOUR LITTLE ONES

Lesson 19 • I Can Be Happy

MAIN IDEA Heavenly Father wants me to be happy. When I choose to smile and be cheerful, I can help others feel happy too.

BRING

- Lesson picture of Mary and Mommy
- Optional: smiling / frowning face copy
- Words to "Smiles"

SAY IT SIMPLY

"Heavenly Father wants us to be happy." • "My smile can help others feel happy too." • "I can smile. I can be happy."

LESSON FLOW

1. Introduce the idea Say: "Heavenly Father wants us to be happy." Ask the children to make a happy face. Then say: "A smile can help other people feel happy too."
2. Story Show the picture of Mary and Mommy. Tell: "Mary saw some sad people. Mommy said, Maybe we can smile at them. Mary smiled her biggest smile, and the woman smiled back." Ask the children to smile their biggest smiles and say, "It worked!"
3. Smile practice Ask each child to smile for you. Say: "Your smile helps people feel happy." Invite the children to say "happy" and touch their cheeks.
4. Song Sing "Smiles." Actions: frown / shake head / turn corners up / nod. Repeat the line "smile that frown away" and let the children make a big smile.
5. Game Stand in a circle and practice "sharing smiles." Smile at one child, take that child's hand, and walk to another child. Say: "Let's go share our smiles." Keep going until everyone joins in.
6. Repeat & close Have the children say, "I can be happy." Repeat: "I can smile. I can help others feel happy too." Testify that Heavenly Father wants us to be happy.

REPEAT TOGETHER "Heavenly Father wants us to be happy."