



I Can Be Happy

Game 1: Turn That Frown Around

PLUS Make sad face → turn around → choose something that might help: hug Teddy, talk to someone, pray, play with a friend, take a breath.

Game 2: If You're Happy and You Know It — The obvious familiar-song winner. Clap, stomp, smile, wave, help a friend. Happiness gets expressed physically.

Game 3: Cheer Up Teddy

Teddy feels sad. Children try kind, appropriate things: sit beside him, give hug, invite him to play, bring comfort item. We don't demand Teddy "be happy"; we practice what can help.