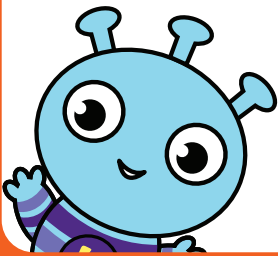


Lesson 4: Spread happiness

1

My happy memories

Draw 2 happy memories.

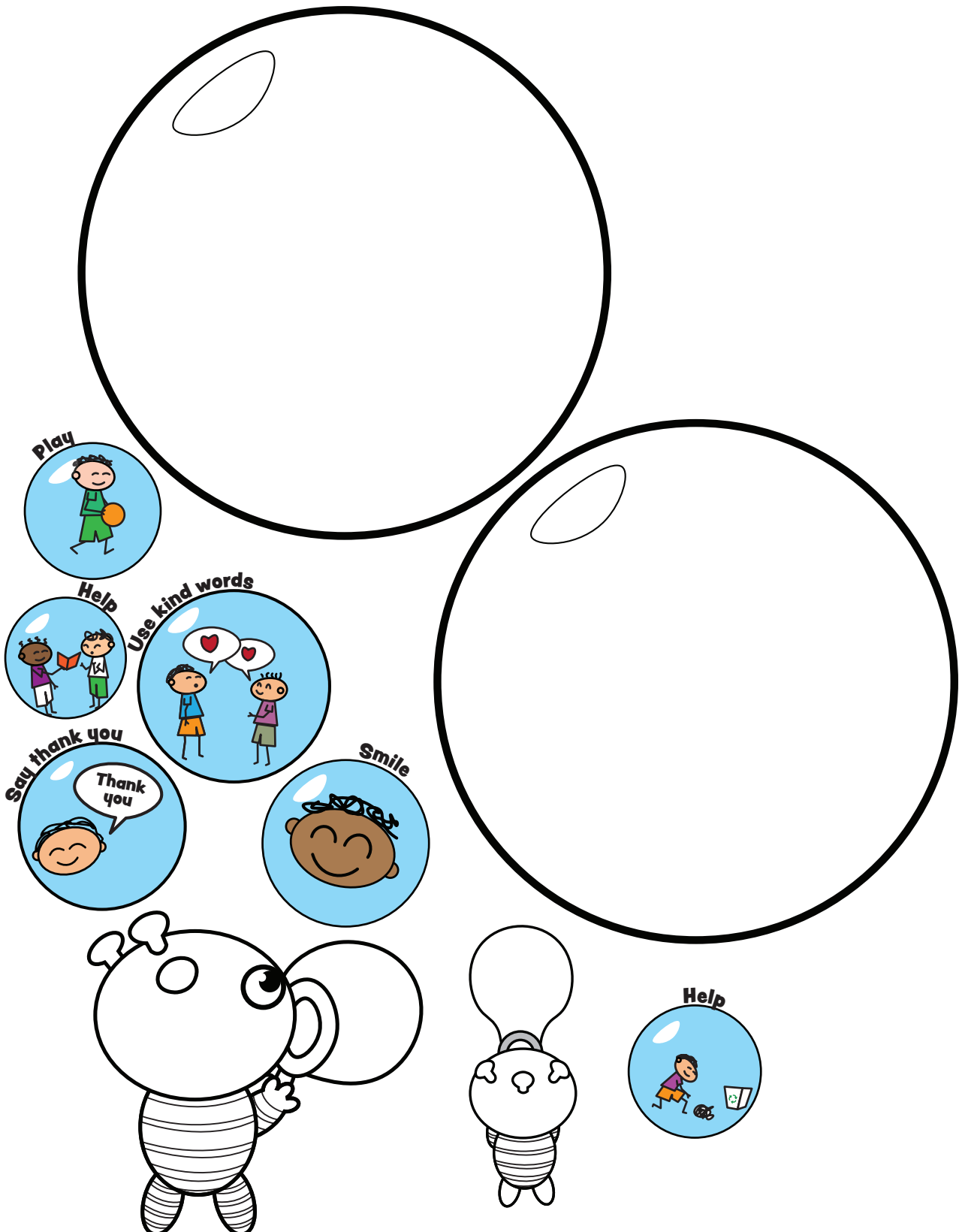


Lesson 4: Spread happiness

2

Spread happiness today

Colour the picture and draw 2 more ways to spread happiness.



Lesson 4: Spread happiness

3

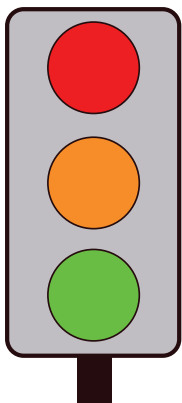
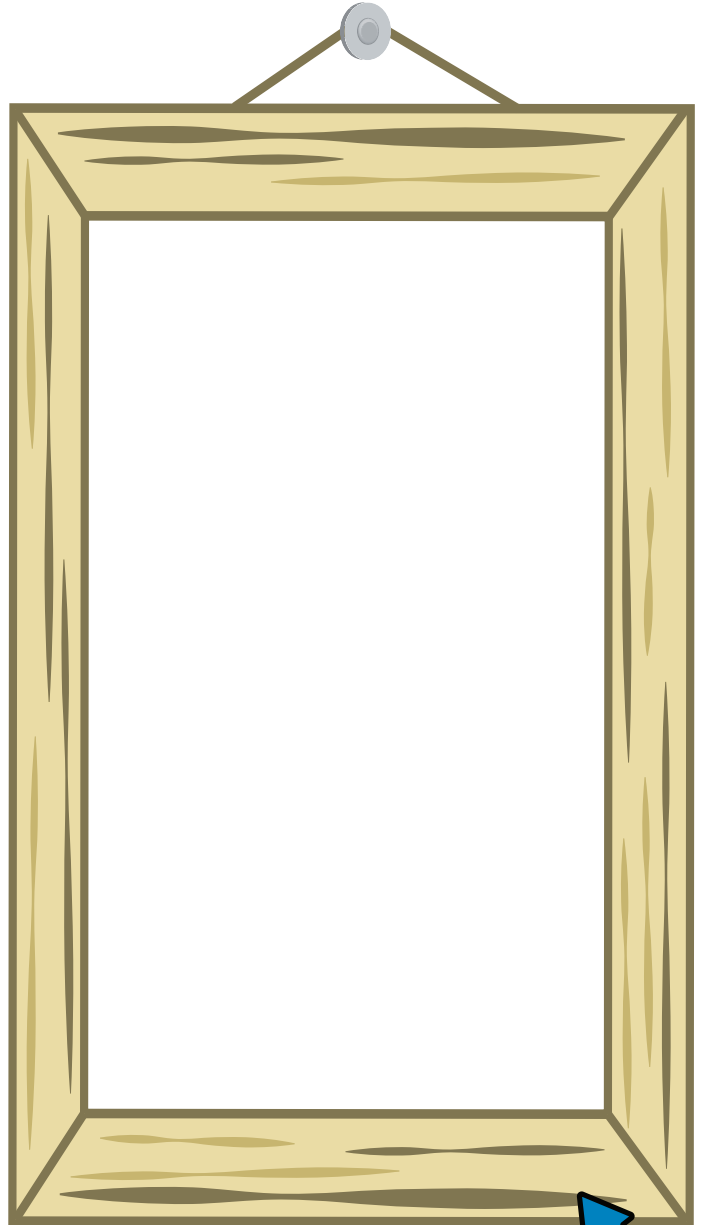
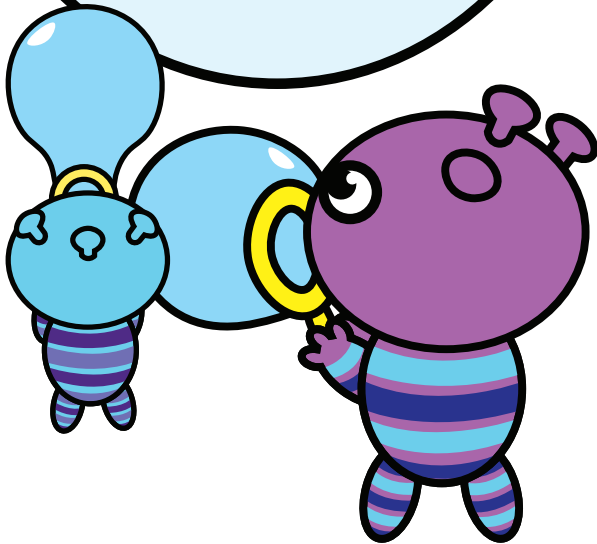
Homework

Practise saying the poem 'Happiness bubbles' with your family when you are doing this lesson. Spread happiness by doing 3 kind things every day.

Happiness bubbles

Happiness bubbles
inside me,
from toes to tummy
no one can see.

Until it bursts
right out of my mouth,
with a laugh or a smile
or a grin or a shout.



Circle the
traffic light
colour that
shows how
you did in this
lesson.

Show how you did Mo and Ko's
challenge in this lesson.

Signature/Comment of Parent/Guardian/Carer