

Activity 6: Making others happy

Ask the children to name people who make them feel happy. How do these people make them feel happy? What do they say or do that cheers them up?

Now invite the children to think of someone who has made them feel happy when they were sad. What did this person do? Did they make them laugh? Did they give them a hug?

Sit the children in a circle on the floor. Encourage each child to turn to the person next to them and say something that would make this person feel happy. When everyone has had a turn, ask the children which were the nicest things that were said. Point out that when we speak to each other it is just as easy to say something nice and kind, as it is to say something unkind and make someone unhappy.

Invite the children to try the **Making others happy** interactive activity. They must look at the scenarios and decide whether or not the child is making someone else happy. Encourage the group to talk about other ways they can cheer people up when they are unhappy.

Activity 7: How do you feel?

Ask the children what they have learned from this unit about their feelings. What do they know now that they didn't know at the start? Play the recordings you made in activity 1 **Feelings** and use these to discuss how their opinions have altered and developed.

Place the children into four groups, each with an adult helper. Invite the groups to make cardboard masks to show one of the following feelings: happy, sad, cross, excited. When the masks are complete, fit them to the children's heads using string.

Encourage the children to think about the masks they are wearing and the feelings they show. In their groups, ask the children to parade their masks, thinking carefully about how they can reflect those feelings in the way they walk.

Children can now complete the self-evaluation sheet and/or the children's booklet.

