



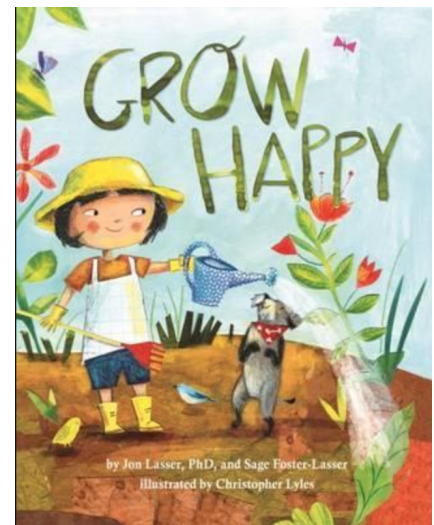
SOCIAL-EMOTIONAL STORY HOUR



Grow Happy

Kiko grows flowers in her garden by taking special care of the soil and plants.

She grows happy within herself when she takes care of body and mind, asks for help when she needs it, and helps others. As Kiko tells us her favorite ways that she grows happy, think of your favorite things and what makes you feel happy!



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Publisher: Magination Press

Things to talk about

What are some things that make you feel happy?

How does your body feel and look when you are happy?

When you feel sad, upset, or mad, what are some things that make you feel better?

Try these fun activities at home

Happy Yoga

Try this with your siblings, parents, and all of your family who is at home together! Slowly stretch your arms up to the sky like a growing flower, with your feet flat on the floor and your arms reaching up towards the sun. Look up to the sun and wave hello! Say, "Hello, sun!" Next, reach your arms down, trying to touch your toes and wave hello to the earth. Say, "Hello, earth!" Now, sit criss-cross applesauce with your hands in your lap. Close your eyes and take a big deep breath in through your nose, then out through your mouth. Stretch your arms up again while sitting down, looking up to the sky. Bend forward and see if you can touch your head to the ground. Sit back up, and take one more deep breath in through your nose and out through your mouth. How did stretching make your body feel?



Grow Your Own Happy

On a piece of paper (blank, notebook paper, construction paper, etc.) with a crayon, marker, or pencil, draw yourself when you are happy. What does your face look like when you are happy? Are you wearing your favorite outfit? Are you doing your favorite activity? Now, draw how you look when you are sad. What does your face look like? How could we make your sad face feel better? Try drawing things around your sad picture that make you feel happy. How do you feel now?



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