

Sunshine Thoughts & Happy Feelings

Materials Needed:

- Drawing paper
- Crayons or markers
- Optional: A clean jar or small box
- Optional: Upbeat, happy music

Introduction (5 minutes):

Hi! Today we're going to talk about something super exciting: our feelings and our thoughts! Did you know that thinking happy thoughts can sometimes help us feel happy inside, like having sunshine in our hearts? It's like wishing for something good and focusing on how happy it would make us feel. Let's explore how we can make happy happen!

Activity 1: Feeling Faces & Happy Wishes (10 minutes):

Let's draw some faces showing different feelings! Can you draw a happy face? What makes you feel happy? (Examples: playing outside, hugs, a favorite toy). Now, let's think about something you wish for or something that makes you super happy. Maybe it's a sunny day for playing, or getting a visit from grandma, or learning to ride your bike. Draw a picture of that happy wish!

Activity 2: Creating a 'Sunshine Thoughts' Jar (Optional, 10 minutes):

If you have a jar or box, let's decorate it! This will be our special 'Sunshine Thoughts Jar'. We can put the happy wish drawing you just made inside. Anytime you think of something else that makes you happy or something good you hope for, you can draw it on a small piece of paper and add it to the jar. When you're feeling a bit cloudy, you can look inside your jar and remember all the sunshine thoughts!

Activity 3: Happy Body Moves! (5-10 minutes):

How does your body feel when you're happy? Do you feel bouncy? Wiggly? Let's try moving like our happy feelings! (Optional: Play some upbeat music).

- **Joy Jumps:** Jump up and down like you just got wonderful news!
- **Excitement Wiggles:** Wiggle your whole body like you can't wait for something fun!
- **Calm Stretches:** Sometimes feeling good is feeling calm and peaceful. Stretch up tall like a sunflower reaching for the sun.
- **Happy Dance:** Do your own special happy dance!

Focus on how your body feels light and energized when you think happy thoughts and do happy movements.

Wrap-up (5 minutes):

Wow, great job exploring our thoughts and feelings today! Remember, thinking about happy things, like the ones in your Sunshine Jar or the happy wishes we drew, can help our bodies and minds feel good. It's like planting a happy seed and watching it grow! It's okay to feel other feelings too, but it's nice to know we can help ourselves feel happier by thinking sunshine thoughts and doing happy things. Keep adding to your Sunshine Jar whenever you think of something new!