

Emotions are how we feel inside. Sometimes they can make us feel good, and sometimes not so good. We can feel different emotions at different times, and that is ok. If we are feeling upset or unhappy sometimes it helps to tell someone how we are feeling and they may be able to help us. Other times we can help ourselves to feel better by doing things to cheer ourselves up and by thinking about the things that make us happy.

The Singing Walrus Happy Song



<https://www.youtube.com/watch?v=dUXk8Nc5qQ8>

Ask a grown up to help you find this song on Youtube. It can help you to feel happy when you move around and sing.

Join in with the song and do the actions too.

You could get someone to film it and show us on Seesaw!

Think of all the things that make you feel happy. It could be your pet, playing with your favourite toy or eating ice cream. Make a list.

There are some things that make us happy that we cannot do at the moment but that is ok. When we can do these things again we will really enjoy them!



