

What Makes Me Feel Good? - Levels F-3

WRITTEN

To encourage students to recognise the activities that make them happy and healthy, talk about why they matter, and practise making time for them in their daily lives.



Learning Intentions

Notice happy activities:

Students aim to think about things that make them feel good.

Talk about my feelings:

Students aim to say or show why these things make them feel happy.

Plan to feel good more often:

Students plan to think of ways to do positive things that make them feel good more often.



Success Criteria

I can list, draw, or say at least three things that make me feel happy.

I can explain why each activity makes me feel good.

I can share one way I will do one of these things again or regularly.



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Duration: 10–15 minutes

Objective

To encourage students to recognise the activities that make them happy and healthy, talk about why they matter, and practise making time for them in their daily lives.

Players

Individual reflection, with options for partner, small group, or whole-class sharing.

Materials

- Paper or notebooks
- Pencils or coloured pencils
- Optional: space for a **Feel Good Wall** display

.....Setup

- Provide each student with paper and drawing/writing materials.
- Create a safe, calm space for thinking and reflecting.
- Share a few simple examples as a model (e.g., “I feel good when I hug my pet,” “I feel happy when I play at the park”).

Gameplay / Activity Steps

Step 1: Think About Feel-Good Activities

- Ask students to think of at least three things that make them feel happy (e.g., playing a game, reading, eating a favourite food, being with family or friends).
- They can write, draw, or use symbols to show their activities.

Step 2: Explain Why They Feel Good

- Students explain why each activity makes them feel happy or healthy.
- Example: “I feel good when I draw because it relaxes me,” or “I feel happy when I ride my bike because I have fun.”

Step 3: Plan to Do Them Again

- Students choose one activity from their list and think about how and when they can do it again this week.
- Optional: Create a simple “Feel Good Plan” or **Healthy Habits Schedule**.

Step 4: Share Together

- Students can share one activity with the class, in pairs, or add it to a **Feel Good Wall** to build a classroom display.



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Reflection Prompts

- “What is one activity that makes you feel good?”
- “How do you feel when you do this activity?”
- “When will you do it again?”

Winning the Game

There are no winners. The success is when students can name their feel-good activities, share why they are important, and plan to do them again.

Variations

- **Classroom Edition:** Create a large **Feel Good Wall** where each student adds one activity that makes them happy.
- **Family Edition:** Students make a list or drawing at home and share it with their family, encouraging everyone to join in.
- **Group Edition:** Students compare and share their favourite activities in small groups, finding common activities to celebrate.

For Wheelchair Users / Accessibility

- Activities can include all kinds of options: quiet, creative, active, or social.
- Students can write, draw, speak, or use symbols/assistive tech to record their activities.
- Sharing should allow for multiple ways of expression (verbal, visual, digital).

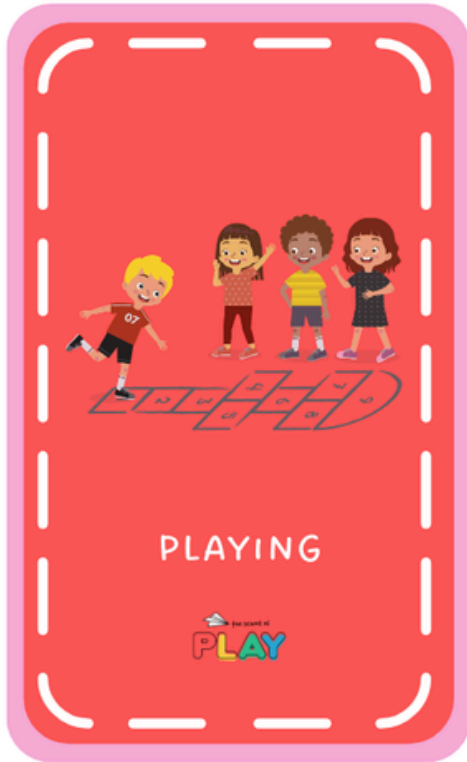
Notes for Inclusion

- Accept different forms of expression (drawings, symbols, words, gestures).
- Provide sentence starters such as: “I feel good when...” or “This makes me happy because...”
- Encourage respectful listening so every student feels valued.



FEEL-GOOD PICTURE CARDS

PRINT AND CUT OUT THE CARDS. STUDENTS CHOOSE ONE PICTURE THAT MAKES THEM FEEL GOOD AND PAIR IT WITH AN EMOTION VISUAL THAT MATCHES HOW IT MAKES THEM FEEL. CELEBRATE EVERY ATTEMPT BY NAMING THE ACTIVITY AND THE FEELING IT CREATES.



FEEL-GOOD PICTURE CARDS



FRIENDS



PETS



QUIET TIME



DRAWING



FEEL-GOOD PICTURE CARDS



BUILDING WITH
BLOCKS



SWINGING



WATER PLAY



READING BOOKS



EMOTIONS CARDS



HAPPY



THANKFUL



LAUGHING



PROUD



EMOTIONS CARDS



EXCITED



CALM



SILLY



AMAZED



EMOTIONS CARDS



LOVED



APPRECIATED



SURPRISED



STRONG

