

HAPPY

We want happiness to last. Happiness is a good feeling and there are so many things that make us happy, as mentioned in the video. Happiness makes our whole body feel good and small things like smiling and saying hello to people can make such a difference. Have you ever had this feeling?

As Dr Emily mentioned in the video, we already have happy hormones in the body, and they help us feel good and happy. Do you remember what these hormones are and how they work?

- What makes you happy?
- When did you last feel happy?
- Have you felt happy about something lately?
- Do you like to make other people feel happy?
- Have you noticed some of the changes that happen to your body when you're happy?



Next time you feel happy, try noticing the changes that are happening to you.

THE SCIENCE:

**CAN YOU LOOK MORE CLOSELY AT WHAT HAPPENS TO THE BODY WHEN WE FEEL HAPPY?
WHAT'S THE SCIENCE BEHIND THE CHANGES? WHAT IS HAPPENING TO OUR BRAIN?**

Task: Writing a Monologue

Write a monologue from your body's perspective when you feel happy.

What is a Monologue?

A monologue is written in the first person and in the present tense. They are simply your thoughts at the time.

Here's a tip: Rhetorical questions are also helpful to include in a monologue.

Use the five senses to help you write your monologue: I feel / I hear / I see / I smell / I taste

How does your body feel? What can you smell?
What can you hear? What can you taste?
What do you see?

Can you perform your monologue to the rest of the class? Do all bodies experience the same kind of changes?

It is impossible to feel happy all the time, but it is possible to release the happy chemicals in your brain by following the small steps above! Remember to smile!

