

DAX FEELS HAPPY

- Story and activities about **happy feelings** for grades **Pre-K + K**
- Helps students identify and express **happy, proud, and excited**



Designed for Little Learners!

Created especially for
Pre-K and **Kindergarten:**

- Lovable characters
- Short, engaging stories
- Simple, age-appropriate language
- Interactive movement and play
- Flexible practice activities



Start with a story!

Dax feels **happy** when Lulu shares her green crayon with him! Ms. Juniper helps him understand how **happiness, pride**, and **excitement** feel in his body.

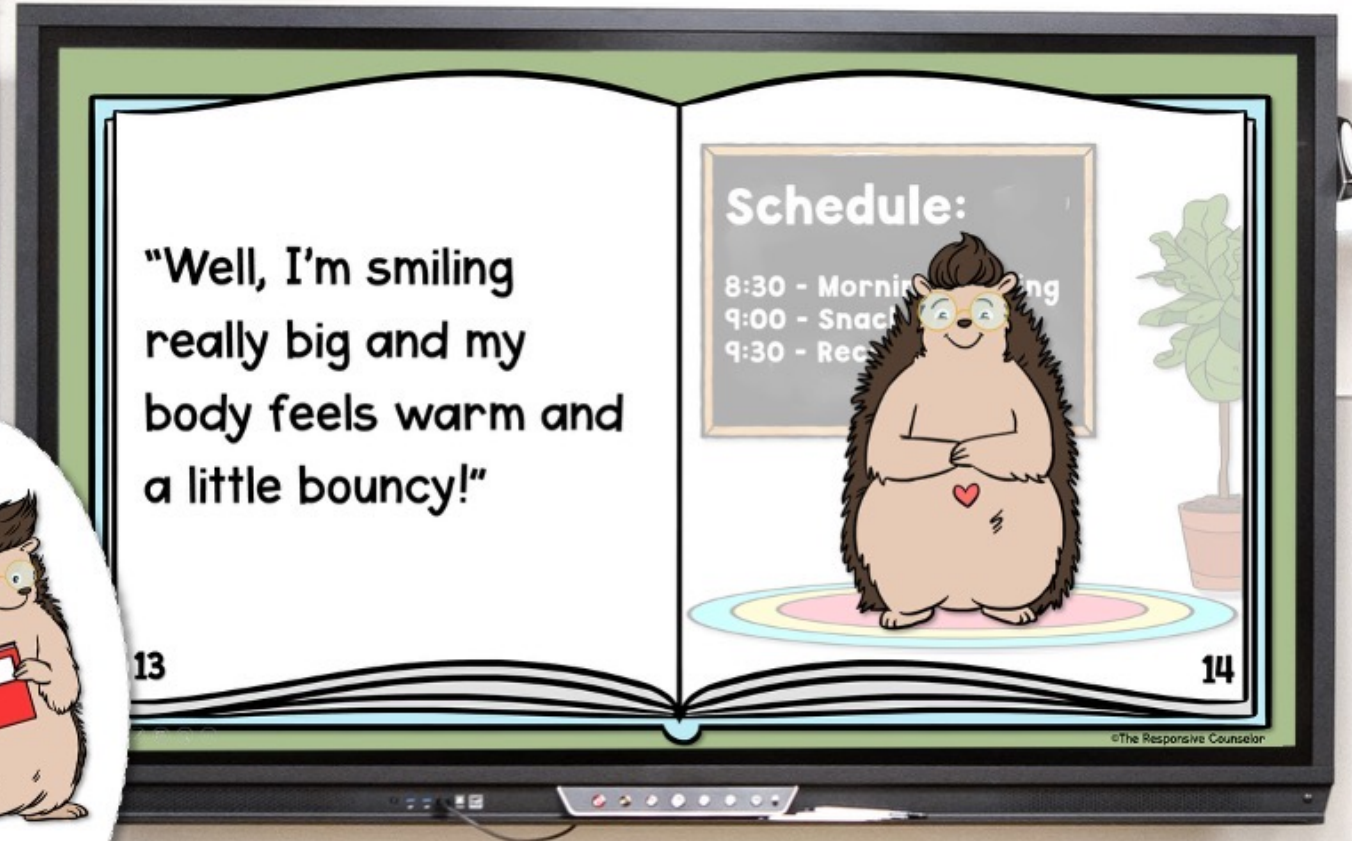
Use easy stick puppets to add another **engaging** element.



Follow Along!

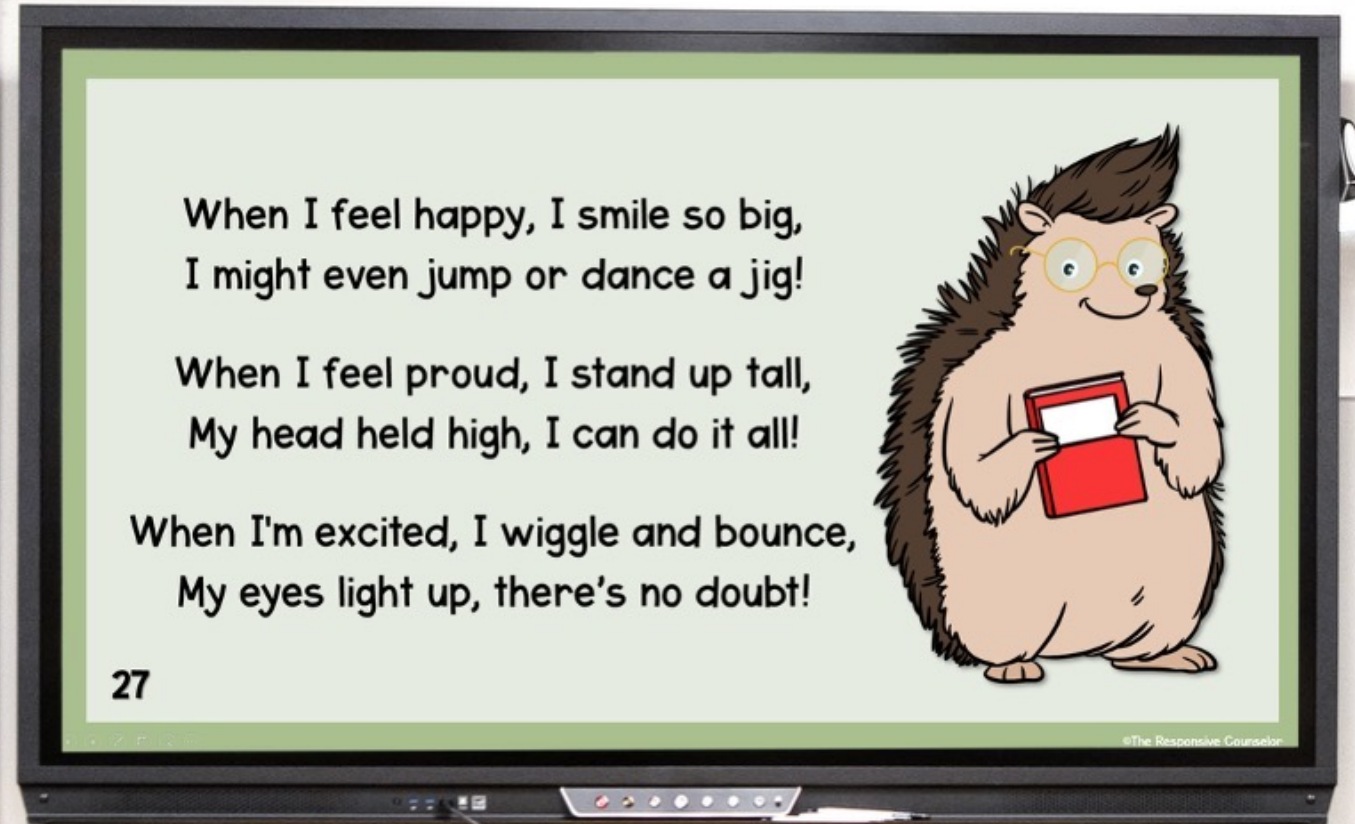
Young learners will enjoy following Dax's adventures as he **explores** big feelings and **learns** new skills.

Every page encourages discussion, reflection, and learning.



Reinforce!

With rhymes and motions, engage students in a call-and-response chant to **reinforce their learning.**



When I feel happy, I smile so big,
I might even jump or dance a jig!

When I feel proud, I stand up tall,
My head held high, I can do it all!

When I'm excited, I wiggle and bounce,
My eyes light up, there's no doubt!

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Practice!

Movement-based
whole-group game for
sharing positive feelings

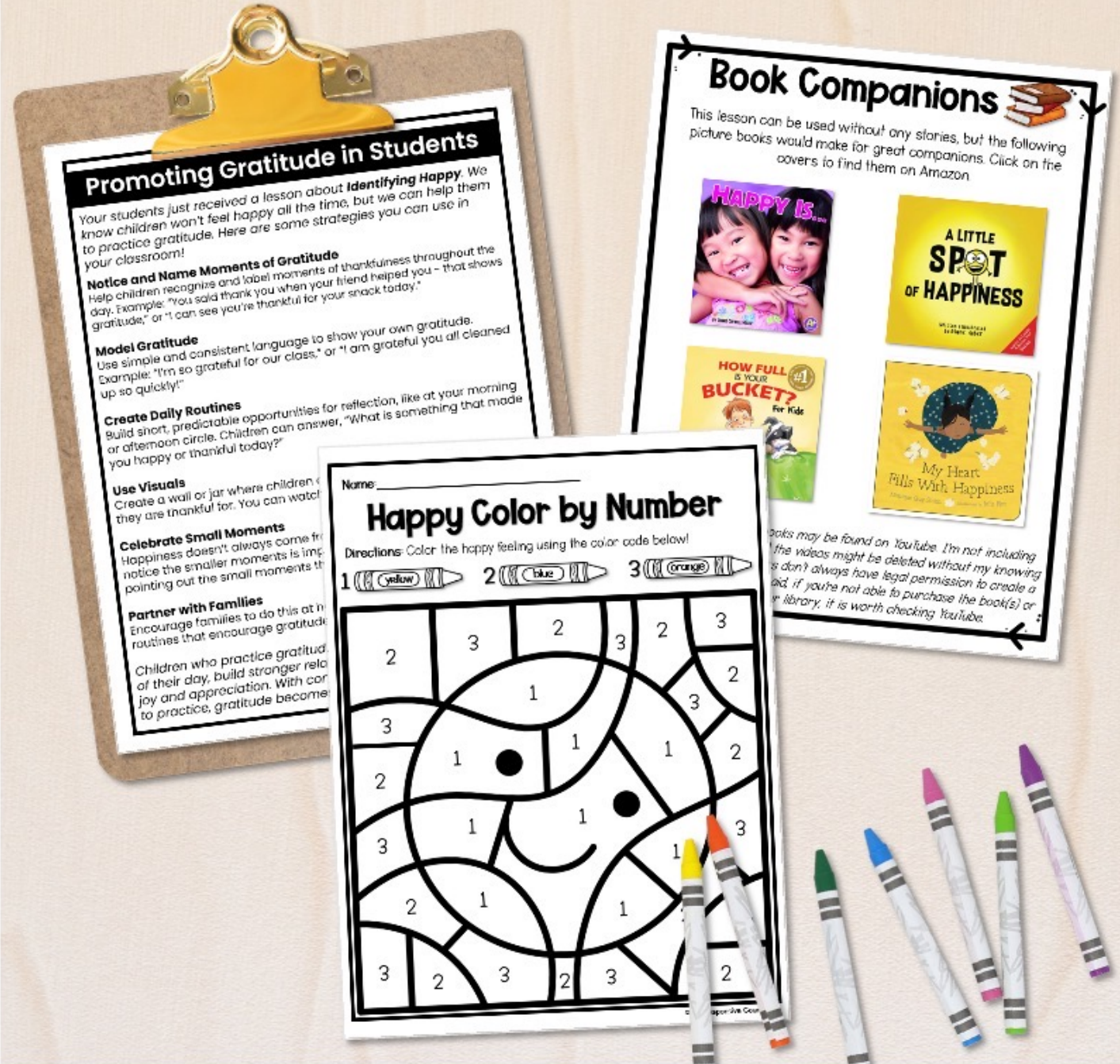
Picture card **discussion**
activity for identifying
and talking about
different feelings.



Extend!

Options include to
extend the learning:

- Teacher tip sheet
- Color by Number coloring page
- Recommended book companions



Detailed Lesson Plan

ASCA and CASEL aligned lesson plan

Identifying Happy

Objective(s): Students will learn how to identify happy and other related feelings, like proud or excited, in themselves by noticing physical sensations and situations.

ASCA Mindsets/Behaviors: B-SMS 7. Effective coping skills

CASEL Domains: Self-Awareness

Additional Materials Needed: A pointer (optional), popsicle sticks (optional), coloring materials for worksheets

PLAN/PREP

Slideshow: Review the directions, suggested scripting, and slides ahead of time. Print puppets and glue onto large popsicle stick, if using.

Whole Group Activity: Print/copy a set of task cards. You may want to laminate for durability.

Extension Activity: Review directions.

Worksheet: Print/copy coloring-by-number page, one per student.

Story

- If this is your first lesson from this unit or curriculum: "Today we're learning about a feeling. We'll talk about how it feels in our bodies, when it happens, and what we can do when it shows up. The feeling we're exploring today is happy. Ready to start?"

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IDENTIFYING HAPPY

Movement	- When I feel happy, I smile so big (point to big smile), - I might even jump or dance a jig (do a little wiggle)! - When I feel proud, I stand up tall (stand up straight), - Head held high, I can do it all (chin up to the sky)! - When I'm excited, I wiggle and bounce (bounce in spot), - My eyes light up, there is no doubt (arms up high)! - You can repeat as many times as time allows.
Whole Group Practice	- Page 28: We learned about what made Dax, Ziggy, and Lulu feel happy, proud, and excited. Next, we are going to see what makes YOU feel happy, proud, and excited. - Model the instructions. Choose a card and read it aloud. Say, "That would make me feel happy" and do the happy body movement. - Call on students to participate. Help them read the scenarios and invite all students to move their bodies accordingly. - Explain differences within the class like some people feeling proud while others feel excited or happy, etc. - Continue until all cards have been completed or as time allows.
Extension Activity	If you are using this activity within the same lesson, move to page 29. If you are not, hide slide 29. - Have students sit in a circle. - Counselor will start as first tapper to demonstrate the instructions. Counselor will walk around the outside of the circle, tap each student lightly, and say, "Pop." Counselor will select one student, tap them, and say, "Proud."

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Optional/
suggested
scripting to
use

Outline
breakdown
with activity
directions

Hi, I'm Sara! At The Responsive Counselor, we create resources for school counselors, child therapists, and teachers that improve social emotional learning and help students be their best selves.

Our focus is creating resources that are effective (using research-based best practices) and engaging (through collaborative learning and relevant scenarios) for students.

education

B.A. from Michigan State University

Psychology and Anthropology

M.S. from Vanderbilt University

Community, Research, and Action

M.Ed. From Vanderbilt University

Human Development Counseling:
School Counseling & Mental
Health

experience

I'm a former school counselor from a large southeastern school district with a wonderfully diverse group of students. I created and implemented a data-based comprehensive school counseling program while helping classroom teachers and administrators implement schoolwide SEL and restorative practices. Now, I share my ideas and resources to reach students and help educators across the world!



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let's connect:

