

Worksheet 7: Draw What Makes You Feel Happy

Even on hard days, there are still small things that can make us smile. Maybe it's a favourite food, a silly joke, a pet, or spending time with someone you love.

On this page, draw something that makes you happy.



If You Want To, Tell Me More

What did you draw?

Why does this make you happy?

When was the last time you felt really happy?

What's something small that made you smile today?

Who makes you laugh the most?

Remember

- It's ok to feel happy even when things are hard.
- You deserve joy.
- Sometimes happiness is in small, simple things.

