

What makes me Happy or Sad?

Circle what makes you happy.

Place an X on what makes you sad.

Friends

Music

Cookies

Mom

Sports

Eating

Dad

Birthdays

Movies

Teacher

Bike Rides

iPAD

School

Grandparents

Pets

Yummy Food

“Going Out”

Squishy Toys

Recess

Chips

Spinning

Vacations

Pizza

Trampoline

Sleep

Chores

Rolling

Outside

Games

Pillow Play

Rain

Ball Play

Breakfast

What makes me Happy or Unhappy?

Cut out or write what makes you happy or sad and place it on your heart paper.

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