

Write. Read. Feel: What's Your Happy?

What makes you happy from head to toe?
Write a poem to let the world know!
Is happy a fluffy dog rolling in the grass?
Strawberries, cartwheels, or running real fast?

What is your happy?
Write it down, say it loud!
It's okay if it's different
From the rest of the crowd.

Let's brainstorm! Draw or list what makes YOU happy in the box below.
Think about: sounds, smells, tastes, places, people, and words that fill you
up from head to toe with happiness!



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Write a poem to let the world know what happiness means to you! You can use the template below, or write your own poem filled with all of the ideas from your brainstorm on page 1.

Title: My Happy is _____
Favorite word or phrase from your poem

My happy is _____.
A color

My happy is like a _____ that is _____.
An animal you like What the animal is doing

My happy sounds like _____.
A sound you love

My happy tastes like _____ that is _____.
A food you like What the food tastes like

My happy smells like _____.
Your favorite smell

My happy feels like _____.
Something that's fun to play with

My happy is _____.
Another idea from your brainstorm

When you're done, create one of your "Happys" on the other side!

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Make something that shows one (or more!) idea from your poem that makes you happy. It can be a drawing, a picture collage — you name it!

