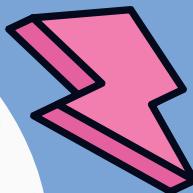


# What Makes Me Feel Good?

Grade Three & Four



To help students identify activities and habits that make them feel happy and healthy, and encourage them to make time for these activities more often.



## Learning Intentions

**I can identify activities and habits that make me feel happy and healthy:**

This encourages students to reflect on the things that bring them joy and well-being, helping them develop self-awareness of their positive habits.

**I can explain why certain activities make me feel good:**

This helps students connect their emotions to specific actions, fostering emotional intelligence and appreciation for their well-being.

**I can think about how to incorporate these activities into my routine:**

This promotes self-care by encouraging students to consider how they can prioritise and make time for activities that benefit their mental and physical health.



## Success Criteria

**I can list at least three activities that make me feel good:**

This ensures that students reflect on and identify activities that contribute positively to their happiness and well-being.

**I can explain why each activity makes me feel happy:**

This helps students develop a deeper understanding of how different activities impact their emotions and overall happiness.

**I can think of ways to make time for these activities in my life:**

This promotes proactive thinking about how to incorporate positive habits into daily routines.



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## Objective:

To help students identify activities and habits that make them feel happy and healthy, and encourage them to make time for these activities more often.

## Players:

Ideal for individual reflection, small groups, or classrooms.

## Materials:

- Paper
- Crayons, markers, or pens

## Setup:

Provide each student with a piece of paper and access to writing and drawing materials. Encourage a quiet space where they can think about and reflect on their positive habits.

## Activity:

### 1. List Activities That Make You Feel Good:

Ask students to think about activities they enjoy that make them feel happy and healthy. This could include playing outside, reading, spending time with family, doing sports, or other hobbies. Have them write or draw a list of these activities.

### 2. Explain Why Each Activity Makes You Feel Good:

After making the list, have students write or explain why each activity makes them feel happy or relaxed. This could be due to the sense of achievement, relaxation, connection with others, or enjoyment.

### 3. Think About How to Incorporate These Activities More Often:

Ask students to reflect on how they can make time for these activities more frequently in their daily routine. Encourage them to set aside time for one of their favourite activities each day or week. You could go one step further here and teach students how to make a "Healthy Habits Schedule".

## Reflection Prompt:

- How can you make time for these activities more often?
- What new activity can you try that might make you feel good?
- How does making time for things that make you happy affect your mood and well-being?

## Winning the Game:

There is no winner in this activity. The goal is for students to reflect on the things that make them feel happy and healthy and think about how they can prioritise these activities to improve their well-being.

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## Family or Modified Variation:

In a group setting, students can share their lists with one another and discuss the activities they enjoy. This can promote connection, help students learn from each other, and reinforce the importance of self-care. You could also create a "Feel Good Wall" where students contribute activities they love, creating a visual reminder of the many ways to take care of their well-being.

## Additional Notes:

What Makes Me Feel Good? encourages students to develop healthy habits that support their emotional and physical well-being. By identifying activities that make them feel happy, students learn the importance of balancing work and play, and taking care of themselves. This activity promotes mindfulness, self-awareness, and proactive steps towards a happier, healthier lifestyle.

