

5th-6th Grade Levels | 30-55 Minutes

# What Makes Me Happy

## OBJECTIVE

Build emotional awareness and self-expression by helping students identify and illustrate sources of happiness.

### Materials Needed:

- Blank half-sheets or full sheets of paper
- Crayons, markers, or colored pencils
- Optional: stickers, collage materials (magazines, glue, scissors)
- Folder or bulletin board space for displaying artwork

### Activity Instructions:

1

#### Introduction | 5-10 Minutes

##### Discussion Question:

*What are some things that make you feel really happy? The people you know and love? A place? An activity? A toy? A type of food?*

##### Example:

Drawing makes me happy. I also feel happy when I am with my best friend and when we play outside, especially at the beach.

2

#### Drawing Time | 15-25 Minutes

Give each student a sheet of paper.

##### Art Prompt:

*On your paper, draw something that makes you happy. It could be one of the many things we just talked about as a class or something completely different. You can draw one thing or many things. You can also add yourself to the picture.*

Encourage creativity, reminding students that there is no wrong way to create this piece of art.

**3** Sharing Optional | 5-10 Minutes

Invite volunteers to share their drawings with a partner or with the whole class.

**Prompt with:**

*Can you tell us what you drew and why it makes you happy?*

**4** Closing Reflection | 5-10 Minutes

*Collect the drawings and create a class display or book titled Happiness.*

**Group Reflection:**

*What did we notice? Are there things that make many of us happy? Are there also unique things?*



### Mental Health Angle:

- Drawing provides a nonverbal way for students to communicate their emotions.
- Sharing builds empathy as students see similarities and differences in what sparks emotions.

### Extensions and Variations:

- **Explore Every Emotion:** To continue the conversation about mental health and well-being, repeat this activity at regular intervals throughout the school year, focusing on a range of emotions—both positive and negative—such as hope, serenity, worry, and sadness.
- **Writing Tie-In:** Students can add a sentence or two: “I feel happy when...”
- **Mindfulness Angle:** After drawing, do a 1-minute quiet reflection: “Think about your happy thing. Imagine you’re there right now.”

