

Lesson #19	
I Can Be Happy	
Play Time	Happy/Sad Balloons in Gym (Draw faces on balloons with a marker.)
Snack	Feelings Plate: Draw smiley/frowny faces on plate. Turn to smile when full; frown when empty.
Lesson	I Can Be Happy
Gathering	If you're ready for our lesson, come sit down. If you're ready for our lesson, come sit down. If you're ready for our lesson, it will surely be a blessing. If you're ready for our lesson, come sit down.
Prayer	The little bunny hops without a care Hop hop hop hop hop (have the kids hop) Please tell her Shhhhhhhhhhhhh! (The kids Shhh with you) It's time for prayer.  The little duck quacks without a care Quack! Quack! Quack! Quack! Quack! Please tell her Shhhhhhhhhhhhh! (Kids Shhh too) It's time for prayer.  The little mouse squeaks without a care. Squeak! Squeak! Squeak! Squeak! Squeak! (kids squeak) Please tell him Shhhhhhhhhhhhhhh! (Kids Shhh too) It's time for prayer.
Scripture	Psalm 118:24 Alma 41:10
Picture	Happy - Who is happy today? What makes you happy? What makes Jesus happy?
Story	Smile Story
Activity Verse	A smile is very catchy. (push corners of mouth into a smile) And so when I feel sad, (push corners of mouth into a frown) I try to give a smile away, (push corners of mouth into a smile) And soon I'm feeling glad! (place both hands over heart)
Song Time	If You're Happy Smiles When We're Helping Fun To Do I Am Like A Star
Story	What Makes Me Smile (from Lesson #15)

		Happy All His Life (Use in Lesson #24 also)
	Prayer	
	Craft/Coloring	I Can Be Happy Coloring Page Emotion Wheel
	Activities	Pin the Smile on the Face  Happy Walk - Find the things that make Pres. Monson happy