

TCS Mental Health Newsletter



What does it mean to feel happy?

Overtime, children and adolescents learn from experiences how to feel, react, and manage emotions: Happy, sad, angry, excited, etc. We learn about emotions slowly, what they mean, and how to manage them. As we develop, our brain expands, and our understanding of emotions and how we feel becomes more complex.

For many children and adolescents, it can be hard to make sense of how they feel, and how to regulate and express their emotions in a healthy way. This can also be difficult for adults as well. That is why it is important to teach children about how to be self-aware to better understand feelings.

When children and adolescents learn about emotional regulation, they better understand what it means to feel happy. Talk with your student(s) about developing a plan or list of what things in their own life help them feel this way. This can help a child feel in control of their own ability to feel happy.



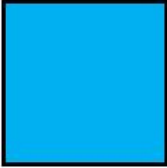
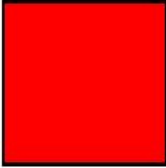
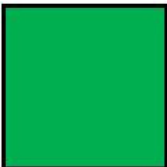
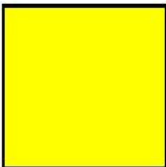
Recipe For Happiness

We all need an extra dose of happiness in our lives. Here's how we can make it.

1. Create Your Recipe

Write down what makes you happy next to each color.

Happiness Ingredients

 <u>Ingredient 1</u>	 <u>Ingredient 2</u>
 <u>Ingredient 3</u>	 <u>Ingredient 4</u>

2. Combine The Ingredients For Happiness

Color the measuring cup below by using the colors from the Happiness Ingredients above. Fill up the measuring cup and get it cooking!

