

TCS Mental Health Newsletter



Emotional Awareness: What Makes Me Happy

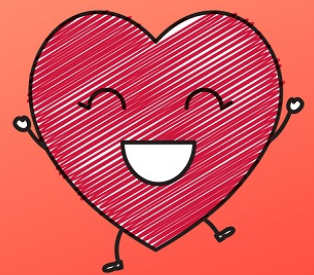
When we think about emotional awareness, we typically focus on situations that trigger negative emotions. But it's also important that we identify and focus on the things that make us happy. By understanding both the positive and the negative, we become much more emotionally resilient.

Students to improve your emotional awareness think about what makes you happy or give you a "happy heart."

Teachers, parents/guardians, and other important adult figures take a moment and help your student(s) identify 4 things that make them happy and write them onto puzzle pieces that can be cut out and assembled into a heart. An alternative method for older student(s), have them write down things that make them happy using words that start with each letter of the alphabet.



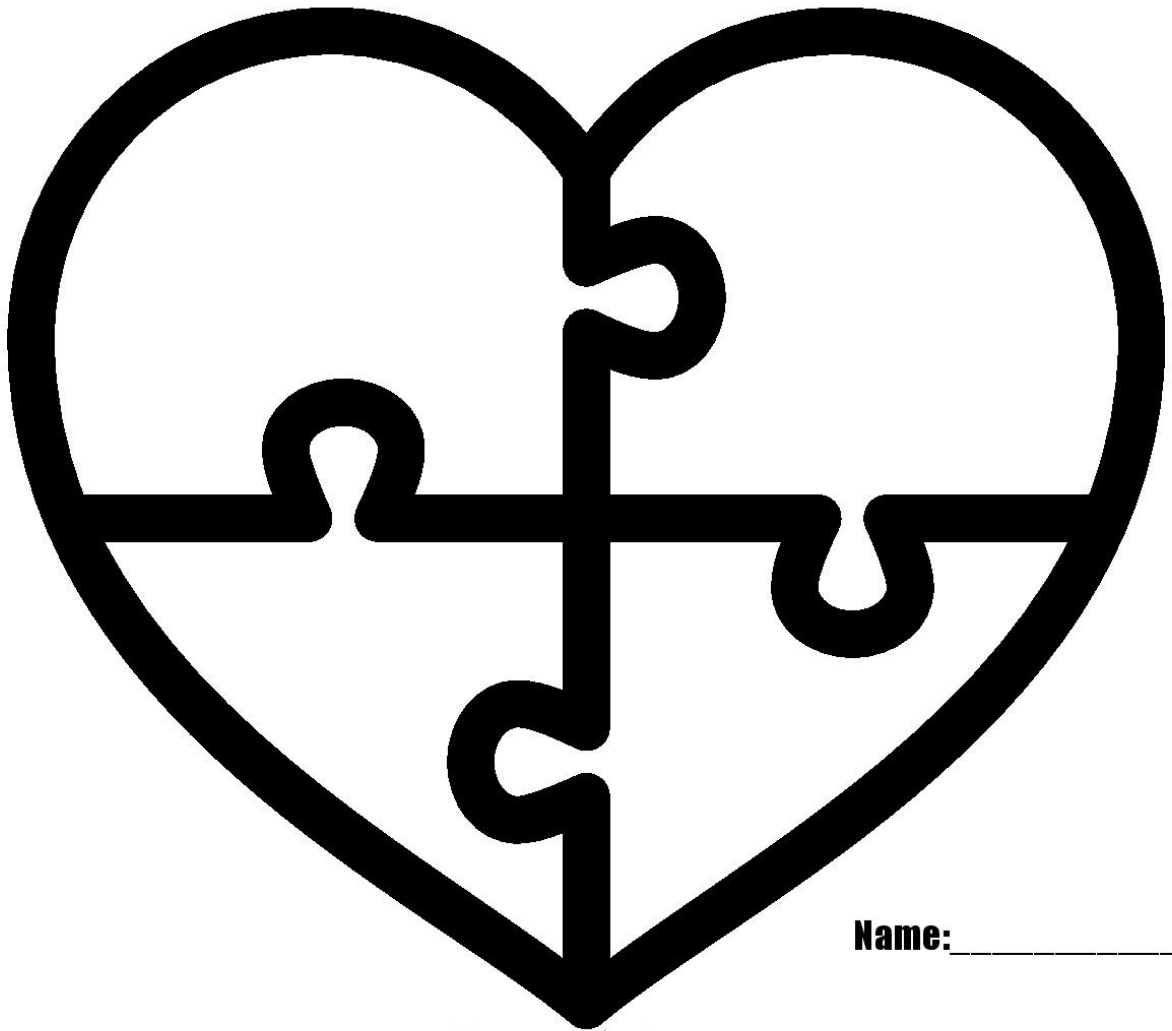
My Happy Heart



An Emotional Awareness Lesson

www.centervention.com

My Happy Heart



Name: _____

My Happy Heart

Name: _____

These Things Make Me Happy

A _____

B _____

C _____

D _____

E _____

F _____

G _____

H _____

I _____

J _____

K _____

L _____

M _____

N _____

O _____

P _____

Q _____

R _____

S _____

T _____

U _____

V _____

W _____

X _____

Y _____

Z _____

IT'S OKAY
to be DIFFERENT



AUTISM
AWARENESS MONTH



Everyone Fits In Here

