



# GrandPa Steve's Kids

## LESSON PLAN – “LET YOURSELF BE HAPPY”

LESSON PLAN Ref:		Course Ref:	
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Subject / Course:	Self-Esteem		
Topic:	Happiness		
Lesson Title:	Let Yourself Be Happy		
Level:	Pre-K – 1	Lesson Duration:	20-30 min

### Lesson Objectives:

Students will discuss and explain what happiness means.

### Summary of Tasks / Actions:

- Begin by asking students to think of what makes them happy.
- Read a story about happiness.
- Listen to the song, “Let Yourself Be Happy” from the Grandpa Steve’s Kids CD.
- Draw a Venn Diagram to compare happiness in the book to their happiness.
- Older students can use their Venn Diagram to write a song.

### Materials / Equipment:

- Grandpa Steve’s CD – “Where’s Your Smile” song
- Book about happiness.
- Paper

### Take Home Tasks:



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Students share their Venn Diagram with their family and create a Venn Diagram with them on family happiness compared with happiness in the book.

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