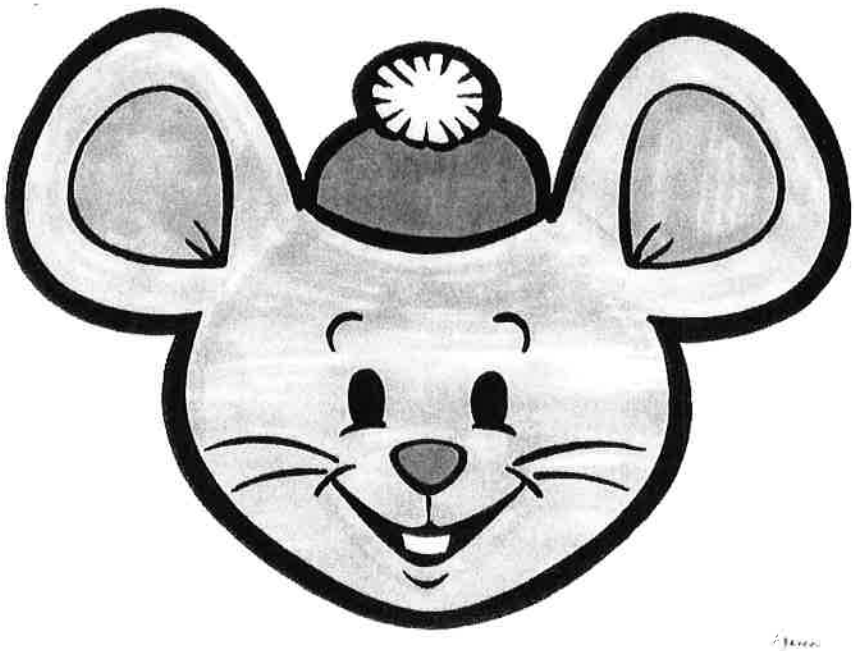
WORKSHOP 6
Feeling happy

Dear parents,

Minipally says that whenever he visits us at daycare, his heart is full of happiness to see us again, and that makes me happy. I've had feelings for a long time but I'm only just starting to understand and name them. Many things make me happy. Like *Minipally*, I smile when it's my birthday. Sometimes when I'm very happy, I jump up and down, or I clap my hands and say "Yay!" You also smile when you're happy. Mention it to me next time it happens. Tell me, "You see, I'm smiling because I'm happy." That will help me understand your reactions and those of other people. Can you remind me what makes me happy? I like to look at photographs where I'm smiling with you and to remember happy things we did together.