

# What Happens to My Body When I Feel Happy?

When you feel happy, the emotion causes your body to feel different. You may not always feel the exact same way each time you are happy but you may often feel certain things when you are.

On the list below, tick all of the things you have felt when you were happy.

- Your body is calm.
- You are relaxed.
- Your mind is at peace.
- Your body feels energised.
- You feel awake.
- You feel sociable.
- You want to do things.
- You want to try new things.
- You are interested in what is happening around you.
- You feel brave and strong.
- Your mouth and eyes show you are smiling.

