

Living happy lives



RHE (PSHE)

Unit Emotions: How can we add to our emotions toolkit?

Outcome

I can describe the features of a happy life.



Ground rules

Listen to others.



Laura

Respect privacy.



Andeep

No judgement!



Jacob

Choose your level of participation.



Izzy



Keywords

emotions

feelings we have inside, like happiness, sadness or anger

physical

relating to your body



Lesson outline

Living happy lives



What does it mean to be mentally healthy?



What makes me feel happy?



What does it mean to be mentally healthy?

Being **mentally healthy** means that we feel all **emotions** but we are able to return to feeling calm and content.

It's important to understand that we do not have to be happy all the time to have good **mental health**.



Dr Elsie



What does it mean to be mentally healthy?

People who are mentally healthy are able to **cope** with strong feelings like anger, sadness or worry, and know what to do to help themselves feel better again.



Dr Elsie



What does it mean to be mentally healthy?

I know that I am mentally healthy because although I get worried or angry at times, I am able to **regulate** my **emotions** so that I can feel calm and happy again.



Jacob



What does it mean to be mentally healthy?

It's important to **feel all emotions**. There are no 'bad' or 'good' **emotions**. What truly matters is how we **express** and **manage** our **emotions**.



Dr Elsie



What does it mean to be mentally healthy?



Check

True or false?

It's bad to feel anger or worry.

T True

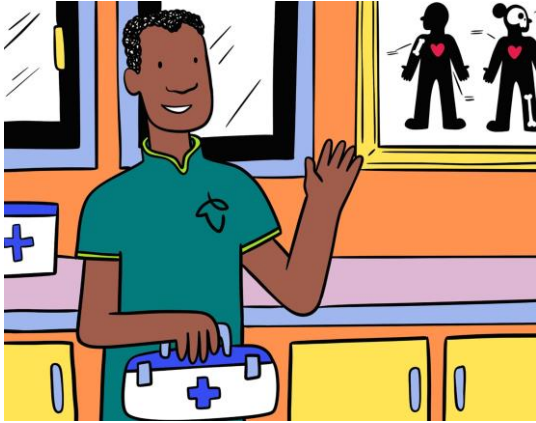
F False ✓

Why?

There are no 'bad' or 'good' **emotions**. What truly matters is how we express and manage our **emotions**.



What does it mean to be mentally healthy?



People who are mentally healthy are able to do everyday things, like go to work or look after their bodies.



Some people who **struggle** with their mental health may find it difficult to do these things.



What does it mean to be mentally healthy?

It is **never** the person's fault if they are struggling with their mental health.

People can struggle with their mental health for lots of reasons, and sometimes for no reason at all.

We should always speak to a trusted adult if we or someone we know is struggling with mental health.



What does it mean to be mentally healthy?



Check

People who are mentally healthy ...

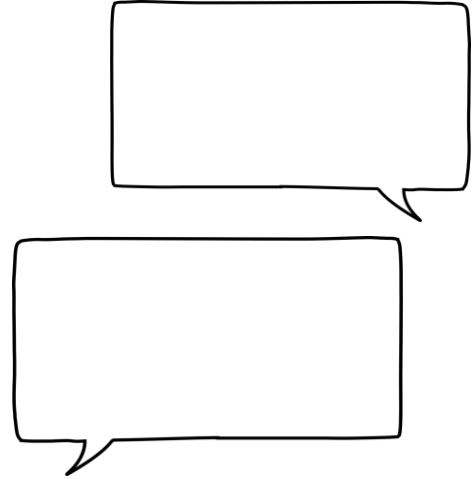
- a** are able to go to work ✓
- b** are able to look after their bodies ✓
- c** find it difficult to do everyday things



Task A What does it mean to be mentally healthy?



Explain to your partner what it means to be mentally healthy.



Task A What does it mean to be mentally healthy?



Feedback

Explain to your partner what it means to be mentally healthy.

Your answer could include:

Being mentally healthy means that we feel all **emotions** but we are able to return to feeling happy. It does not mean that we are happy all the time, but that we are able to cope with strong **emotions** and know what to do to feel better again. People who are mentally healthy are able to do everyday things, like go to work and look after their bodies.



Lesson outline

Living happy lives



What does it mean to be mentally healthy?



What makes me feel happy?



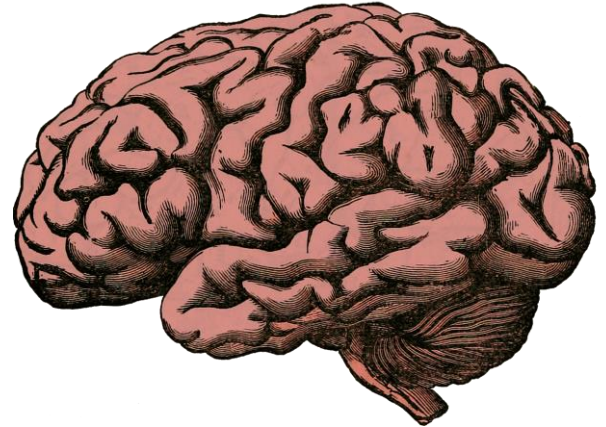
What makes me feel happy?



Explanation

Before we can feel truly happy and content, we need our **basic needs** to be met first.

Basic needs are the most important things our **bodies and minds** need to survive and feel safe.



What makes me feel happy?

Our basic needs include:

- **food and water** to keep our bodies healthy
- **a safe place** to sleep and live
- **clothes** to keep us warm
- feeling **safe and loved**



When these needs aren't met, it's very difficult to feel happy or concentrate on other things like learning or playing.



What makes me feel happy?



Aisha

When I'm really hungry, I can't think about anything except food! It's hard to focus on my work or enjoy playing with friends.

I feel much happier and ready to learn when I've had a healthy lunch and things feel good at home.



Alex



What makes me feel happy?



Check

Before we can feel truly happy, what needs to be met first?

- a** getting lots of presents all of the time
- b** always being the best at everything
- c** our basic needs like food, safety and love ✓
- d** having the newest toys and games

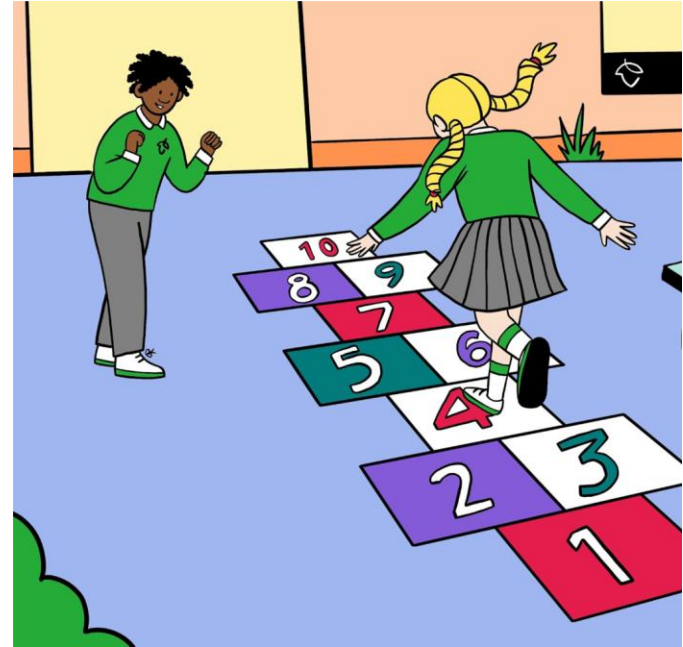


What makes me feel happy?

Once our basic needs are met, we can focus on the **things** that make us feel happy and content.

One important thing to remember is that **different** things will make different people happy in life.

Some people are the happiest when they are around other people, talking, playing games and being busy. These people are called **extroverts**.



What makes me feel happy?

Others feel happiest when they spend time alone, reading, drawing or playing. These people are called **introverts**.

However, people can **change** and **everyone** needs some time alone and some time with people.

And some people might be a **mix** of an introvert and an extrovert! They are called **ambiverts**.



What makes me feel happy?



Explanation



Laura

Spending time with my friends and being busy makes me happy. I love going to different clubs after school and chatting with others.

I like having quiet time after school. I read, do some drawing, or practise playing my guitar.



Andeep



What makes me feel happy?



Check

Extroverts are happiest when ...

- a** they are around other people ✓
- b** they are busy chatting or playing with others ✓
- c** they spend time alone doing something they enjoy



What makes me feel happy?



Check

Who is more likely to be described as an introvert?



Aisha

I love doing group projects because I can share my ideas with everyone. I put my hand up lots and enjoy presenting to the whole class.

I prefer writing down my ideas rather than saying them out loud. I also feel more comfortable working in small groups or by myself.



Alex



Alex is more likely to be described as an introvert.

What makes me feel happy?

Everyone is different, and there's no right or wrong way to be. However, it's important to do things that **we enjoy** and that **we feel good at**.

Can you think of anything you enjoy doing or you are good at?



What makes me feel happy?



Laura

I love going swimming because it's something I enjoy and something that makes me feel **confident!**

I love writing stories about superheroes and monsters! I'm learning to get better at writing each day.



Andeep 

What makes me feel happy?



Check

Fill in the missing word in this sentence:

Different things will make different people happy.



What makes me feel happy?

Another important way to help ourselves feel happy is by looking after our bodies and **physical health**.

We can look after our **physical health** by eating a **balanced diet** and **exercising**.



What makes me feel happy?



Laura

When I eat a healthy, balanced breakfast, I feel as though I can **accomplish** anything in my day!

My mood always improves after karate club! It also helps me sleep better at night because I've used up my energy during the day.



Andeep 

What makes me feel happy?

When we exercise, our brain releases special chemicals called 'endorphins'. These are sometimes known as 'feel-good' chemicals because they help us feel happy, calm or more energised. Endorphins can lift our mood, reduce stress, and make us feel proud of what we've achieved.



Dr Elsie



What makes me feel happy?



Check

Why is exercise good for our mental health?

a exercise helps our eyes change colour

b exercise helps our brains release endorphins



c exercise stops us from ever being sad again



What makes me feel happy?



Explanation

Surrounding ourselves with people who **care** and **support** us is also good for our mental health.

Kind friends and family can make us feel happy and loved.



What makes me feel happy?

Talking to our friends and family about our **emotions** can help us feel better, especially if we're experiencing strong **emotions** such as anger or sadness.

Talking to my brother and dad about my **emotions** reminds me that I am not alone.



Andeep



What makes me feel happy?



Check

Tell your partner why it's important to spend time with people who care and support us.

Kind friends and family can make us feel happy and loved. When we talk to them about our **emotions**, it reminds us that we are not alone.



Task B What makes me feel happy?



Create a poster of all the different things that can make people feel happy in their lives.

In your poster, try to include:

- **three** different things that make people happy
- **one** example of how meeting basic needs helps happiness
- pictures to illustrate your ideas



Task B What makes me feel happy?



Feedback

Your poster could look like this:

What can make people feel happy in their lives?

Doing things that they enjoy and that they are good at.



Looking after their **physical** health, such as eating a balanced diet and exercising.

Surrounding themselves with people who care and support them, such as friends and family.



Having their basic needs met first, like having enough food and feeling safe.



Summary Living happy lives

Being mentally healthy means that we feel all **emotions** but that we are able to return to feeling calm and content.

We need our basic needs met first (like food, safety and feeling loved) to feel truly happy.

Different things will make different people happy in life. For example, some people (extroverts) might be happiest when they are with other people being busy. Others (introverts) will prefer to be alone, reading or drawing.

Doing things we enjoy, exercising and spending time with people who care about us can make us happy.

Talking about our **emotions** with kind friends and family reminds us that we are not alone.



Where to get support

Childline

A website and phone line which is able to offer confidential advice and support.



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