



Gospel Light®

HOME DISCUSSION GUIDE
for ages 2-5 years

SPRING A
Lesson 7

How To Be Happy

Be kind to the poor and you will be happy.

See Proverbs 14:21

Preschoolers are still learning how to express their emotions in appropriate ways. I love to hear them laugh loudly! But they can express frustration and anger just as intensely. When they act out in unacceptable ways, I stop them (if it's hurting someone or damaging something) or I ignore the behavior until they calm down. Then we talk about why they were upset, how they felt and other ways they could express their feelings—punching a mattress, jumping, screaming into a pillow. We always make things right before we move on and then at bedtime, we talk about how it feels to be forgiven and how we feel when we are kind to others. Then we plan to do something kind for someone else.

Try This:

We sing, “If You’re Happy and You Know It” with these words: **If you’re kind and you’re happy, clap your hands; (2x) If you’re kind and you’re happy, it makes Jesus happy, too! If you’re kind and you’re happy, clap your hands.**