

Ollie the Owl Finds Happiness

Lesson Objective

Students will learn about finding happiness through various activities and the importance of friendship, as demonstrated in the story "Ollie the Owl Finds Happiness."

Materials Needed:



- The story, "Ollie the Owl finds Happiness"
- The song, "Ollie's Happy Song"
- Paper and pencils, crayons and markers
- Activity 1-Owl, hare, bear, squirrel, and beaver puppets or stuffed animals
- Activity 2-Happy Steps Game (no materials needed)
- Home Connection Letter

Introduction to the Topic (10 Minutes)

Greeting Outline:

- Welcome the children and have them sit in a circle (if applicable)
- Briefly talk about what happy means and when they might feel happy. Ask the children to share a time when they felt happy.

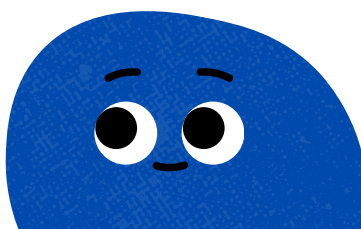
Greeting and Circle Time Teacher Script

1. Warm Welcome and Opening Discussion:

- "Good morning, friends! I'm so happy to see all of you today. Let's sit in a circle together. I want to start with a question: What are some things that make you feel happy?"
- (Encourage the children to share their ideas.)

2. Discussion Starter

- "Those are wonderful answers! Today, we are going to learn how happiness can be found in many simple activities—like playing, spending time with friends, and helping others. We'll see how Ollie the Owl and his friends find happiness, and we'll practice finding happiness ourselves through fun activities!"



Read the Story (15 Minutes)

Story Time Outline



- Read the story “Ollie the Owl Finds Happiness” aloud to the class.
- Ask questions during key parts in the story.

Story Time Teacher Script:

1. Prepare the students for the story:

- "Let's read the story 'Ollie the Owl Finds Happiness.' As we read, think about what each of Ollie's friends does to feel happy. See if you can find ideas you might try, too!"
- (Read the story aloud, pausing at key moments to ask questions and engage the children.)

2. Read the story with emphasis on key moments:

- While reading, pause during key moments to ask the following questions:.
 - "How do you think Ollie is feeling at the beginning of the story?"
 - "What do you think Ollie is looking for when he says he wants to find happiness?"
 - "Why do you think Ollie believes happiness is something he has to find?"
 - "What are some things that make you happy?"
 - "Ollie sees his friends playing and smiling. Do you think happiness is something we can see?"
 - "Why do you think Ollie feels sad when he can't find happiness right away?"
 - "What do Ollie's friends do to help him?"
 - "Do you think Ollie is starting to feel happy? Why or why not?"
 - "What do you think Ollie will learn about happiness by the end of the story?"
 - "If you were one of Ollie's friends, what would you say to help him feel better?"

Ollie the Owl Learns About Feeling Happy

In a forest bright and fair,
Lived an owl named Ollie, with feathers rare.
He loved to fly and hoot at night,
But sometimes he felt not quite right.

One day, Ollie met Harriet the Hare,
With a hop and a skip, she didn't have a care.
"Why are you smiling?" Ollie did ask,
"To be happy like you, seems quite a task."

Harriet giggled, her nose in a twitch,
"Let's play a game, it's quite a switch.
We'll hop and jump, and race around,
And find happiness in every sound."

Ollie hopped and jumped, feeling so free,
With Harriet, happiness was easy to see.
They laughed and played, till the day's end,
Ollie learned happiness with a friend.

Next, Ollie met Benny the Bear,
Who was picking berries with utmost care.
"Hello Benny, why do you hum?"
"Because picking berries is so much fun!"

Ollie tried it, and oh what delight,
Sweet berries made him feel so light.
With Benny's help, he found a treat,
Happiness in every bite so sweet.

Then Ollie saw Sammy the Squirrel,
With a bushy tail and a playful twirl.

"Sammy, why do you climb so high?"
"Up in the trees, I feel like I can fly!"

Ollie climbed with Sammy, reaching the top,
Looking around, he felt his heart pop.
The view was grand, the sky so blue,
Happiness in the heights, Ollie knew.

Lastly, Ollie found Betty the Beaver,
Building a dam, she was a true achiever.
"Betty, why do you work with such glee?"
"Creating something new brings joy to me!"

Ollie helped build, with sticks and mud,
They worked together, through the forest flood.
When they finished, the dam was strong,
Happiness in teamwork, all along.

Ollie learned from his friends so dear,
Happiness is always near.
In games, in treats, in heights so tall,
In building together, he felt it all.

With Harriet, Benny, Sammy, and Betty,
Ollie found joy, his heart was steady.
He realized happiness is all around,
In friends, in fun, in sights and sounds.

So if you're feeling a little down,
Look for happiness all around.
With friends and fun, and things you do,
Happiness will always find you.



3. Post-Story Teacher Script

- "Excitement can be a fun feeling to have, can't it? And there seems to be so many times that we might feel excited."

4. Post-Story Questions

Ask these questions to help students reflect on the story and connect it to their own experiences:

- "What did Ollie learn about happiness?" (Summarize the story's main lesson.)
- "Where did Ollie finally find happiness?" (Help children reflect on the message.)
- "Why do you think happiness isn't something we have to search for?" (Encourage deeper thinking.)
- "What were some things that made Ollie happy?" (Help students recall key moments.)
- "What makes you feel happy?" (Encourage self-awareness and connection to personal experiences.)
- "Did Ollie's happiness come from something big or something small? Why is that important?" (Help children understand happiness in everyday moments.)
- "How do our friends and family help us feel happy?" (Encourage social awareness and gratitude.)
- "What would you do if a friend was feeling sad and looking for happiness?" (Encourage kindness and problem-solving.)
- "How can we help ourselves feel happy when we are having a hard day?" (Discuss self-management strategies.)
- "What is one thing you will remember from Ollie's story?" (Encourage personal reflection and application.)

Sing the Song (10 Minutes)



- Teach the children "Ollie's Happy Song" song about the feeling of happiness.
- Use actions that represent being happy, such as clapping hands and jumping.
- Sing the song together a few times, encouraging the children to join in with the actions.

Teacher Script:

"Now, we're going to sing Ollie's Happy Song. I'll show you some fun actions to go with the song. Ready to sing along with me?"

Ollie the Owl's Happy Song

Verse

Hand Movements

[Verse]

Ollie the Owl wakes up
Night turns into day
Spreads his wings so bright
Ready to play

Flap arms wide and smile brightly

[Verse 2]

Flying through the trees
With a hoot and a cheer
Ollie's feeling happy
Sunny skies are clear

Flap arms like wings and pretend to fly around.

[Chorus]

Flap your wings flap your wings
Ollie's here to say
Happiness is everywhere
Let's all shout hooray

Flap arms wide and smile brightly

[Verse 3]

Ollie finds a flower
Smells it with a smile
Spreading joy all around
Stay and play a while

Spread arms wide and twirl around.

[Bridge]

Twinkling stars in his eyes
Laughter in the air
Ollie loves to share joy
Showing that he cares

Wiggle fingers like twinkling stars

[Verse 4]

Ollie meets some friends
Together they go round
Jumping skipping laughing
Happiness they've found

Jump in place



Do an Activity (20 Minutes)



Activity 1: Puppet Role Play (15 Minutes)

Introduce the Activity

"Now, we're going to use our animal friends to act out some happy situations! Just like in the story, each animal friend will have something that makes them happy."

"Who wants to be Ollie? Who wants to be Harriet the Hare, Benny the Bear, etc"

Activity Instructions

- Call students up to the front to use the puppets in the role-play scenario. Ask them to role-play the situation and talk about the feeling of happiness. If the role-play group is having problems, you can have the remaining students help by providing suggestions.
- "Each of you will take turns telling us what makes your animal happy. For example, 'I am Betty the Beaver, and I am so happy when I'm building something challenging!'"
- Encourage the children to act out their animal's excitement. Offer gentle prompts if needed: "How does a bee buzz when he's happy?" "Can you show us how Benny the Bear might cheer when he finds berries?"
- "Wow! You all did such a great job showing happiness. Remember, we can all have different things that make us happy, and that's what makes us special."

Activity 2: Happy Steps t (15 Minutes)

Introduce Activity

- "Next, we're going to make friendship cards! These are special cards we can give to a friend who might be feeling sad, just like Ollie."

Activity Instructions

- "Now, we're going to play a game called Happy Steps! In this game, we're going to take steps around the room—but only when we think of something that makes us feel happy."
- "Each time I say, 'What makes you happy?' you'll take a step and call out one thing that brings you joy! It could be playing with a friend, reading a book, jumping in puddles—anything that makes your heart feel full!"

1. Clear a space in the room for safe movement (it can be a circle or a straight path).
2. Ask students to line up or form a circle.
3. Begin the game with the following prompt:

"Let's begin! I'll start. What makes me happy is seeing your smiling faces! So I take a Happy Step!"

(Take one step and smile.)

Activity Reflection

"As we were sharing what made us happy, how did it feel to hear your friends' ideas?"

"What did you notice about how we were all smiling and moving together?"

"When we share happy thoughts and move together, it brings even more happiness into the room!"

"Just like Ollie found happiness with his friends, we found happiness by moving, thinking, and sharing with each other."

Wrap Up the Lesson (5 Minutes)



Review and Reflection Overview:

- Review what they learned about happiness and how it can be different for everyone.
- Ask a few children to share one thing they learned about happiness from the story or the activities.

Review and Reflection Teacher Script

Gather in a Circle for Reflection:

- "Let's all gather back in a circle. Today, we learned so much about happiness! Who can tell me one thing they learned about happiness today?"

Closing

- "What did Ollie learn about happiness? He learned that happiness can be found in simple things—like playing, eating tasty berries, or building something with friends."
- "Happiness doesn't have to come from big things—it can be in everyday moments with the people around us."
- "You all did such a great job today! Remember, just like Ollie and his friends, you can find happiness every day. All you need to do is look for it in simple activities and the friends around you."

Home Connection Letter

1. Sending Information Home:
2. "Before you go, I have a special letter for you to take home to your parents. It talks about everything we learned about happiness today."
3. Hand out the letters as the children prepare to leave.

Emozi® Parent Letter

Dear Parents/Guardians,

Today in class, we learned about finding happiness through the story "Ollie the Owl Finds Happiness." This story teaches children that happiness can be found in simple activities and through friendships.

Here's what we learned:

- Finding Happiness – Happiness can be found in playing games, enjoying treats, exploring nature, and working together.
- Being Happy with Friends – Friends can help us find joy in everyday activities.

We practiced these concepts through a role play game and a happy steps game. You can help reinforce this at home by encouraging your child to find happiness in simple activities and spend time with friends.

Thank you for your support!

With gratitude,



Name: _____

