

Let's Go On A Happy Hunt

Children who develop optimistic thinking at an early age are more likely to feel confident, solve problems, make friends, and expect success for themselves.

Materials: One cardboard paper towel or toilet paper roll, tape or glue, white or colored paper, art supplies, hole punch, ribbon or yarn.

Estimated Time: 1 hour



Optional Pre-Activity Fun

(Use with Spencer's Wondrous Wish storybook and music CD found in the Choosy Kids Digital Media Subscription package)

Discuss with your child what it means to be optimistic—to think positively or to expect the best. Then, together, read *Spencer's Wondrous Wish* and ask your child to name a time in the story when each of the characters might feel happy. Next, ask your child what makes him feel happy. Or, play the song, "[H-A-P-P-Y](#)" to encourage your child to focus on fun, positive, and happy thoughts, and to get in touch with his natural instincts to feel good.

Step 1

Together make a happy scope by using tape or glue to wrap the cardboard roll in white or colored paper. Then decorate it using art supplies such as markers, stickers, paint, or crayons.



Step 2

Punch two holes at the top of the roll to tie a piece of ribbon or yarn for creating a neck strap (make sure it's a safe length).



Step 3

Go outside to explore your surroundings using the happy scope. Ask your child to look through the scope and find positive things that make him happy or feel good such as a pile of leaves to jump in, flowers, trees, clouds, a dog, or cat.



Step 4

Ask your child to draw a picture of what he saw through his scope and have a conversation about why these findings make him happy.

