

Theme: Happy

YouTube Playlist: <https://www.youtube.com/playlist?list=PLFTw3dKr7K0viz4I8bamurXtGDZV4ofH->

Greeting Song: Happy Days are Here Again

Warm-up: If You're Happy and You Know It

Sing this familiar song and work together with the group to come up with some actions to insert. To warm up your voice try variations of singing it low, singing it high, singing it softly and singing it loudly.

Singing

Get Happy

Discussion

Take a look at this list from the 2019 article in Business Insider, Do you agree or disagree? Have you ever tried any of these interventions yourself?

24 easy habits that psychologists have linked with health and happiness

[Erin Brodwin](#)

Mar 18, 2019, 9:34 AM

(Business Insider)

- 1. Write Down 3 things You're Grateful For** (Try this one together!!!)**
2. Go On a Hike or Gaze Up at the Stars on a Clear Night (the sense of awe boosts mood)
3. Drink Coffee (not too much though) – because it's a stimulant it can help improve your mood
4. Meditate
5. Read an Adventure Story
6. Go Outside – to the forest (it levels cortisol, a stress hormone)
7. Go for a Nature Walk (get out of the city!)
8. Do things you do when you're happy – even when you're not
9. Participate in cultural activities – plays, museums, & CONCERTS!
10. Listen to sad songs – it makes you feel better about your own situation
11. Set specific goals you can achieve – you can feel happy from accomplishing a goal
12. Write down your feelings – clarifying your feelings helps you be able to solve them and makes you feel better
13. Spend money on others, not yourself
14. Volunteer
15. Make time for friends
16. Smile more
17. Don't hold a grudge
18. Have the right amount of sex
19. Be both an optimist and realist

20. Get your hands dirty
21. Eat lunch on the beach
22. Work out
23. Master a skill
24. Be patient – happiness tends to grow with age

C'mon Get Happy

Discussion

Do you recognize this theme song? What show was it from? (The Partridge Family) Did you watch the show?

This show ran from 1970-1974 on ABC. The basic plot about a family band was loosely based on the Cowsills family who were popular in the 1960s/70s. The show starred Shirley Jones and David Cassidy. (see attached photos)

What were some of your favorite tv shows?

I Whistle a Happy Tune

Discussion

This song is from the musical “The King & I” by Rogers & Hammerstein. At this point in the musical, the governess sings this to her son to help him be brave as he’s arriving in a new country for the first time. Tell about a time when you were in a new place or situation. How did you feel? What did you do to help yourself be brave? Do you have a mantra, verse, good luck charm or something else that helps bring you comfort?

Happy Talk

Discussion

In the show “South Pacific” character Bloody Mary sings this song as she makes a match between Lt. Joe Cable and her daughter, Liat. The song emphasizes the point that you have to have a dream. What is your dream? Has it changed over the course of your life? How? Do you agree that it’s important to have a dream?

Put on a Happy Face

Discussion

“Put on a Happy Face” says the song. Dr. Paul Ekman has conducted research that shows that there are some facial expressions that are universal across cultures.

Try out some of these faces (have participants make a face to reflect the following emotions:

- Happy, sad, excited, surprised, angry, disgusted, afraid

Remember – these expressions involve your whole face – think about the many components of your eyebrows, eyes and mouth!

Happy Birthday

Discussion

This song is the most recognized song in the English language! It was written in 1893 by sisters Patty & Mildred Hill who lived in Louisville, KY. The song originally had the same melody, but the words were “Good Morning to All” because it was used in their school to sing hello to the students. Later Preston Ware Orem added new lyrics that we know today as “Happy Birthday to You”, and a publishing company claimed the copyright in 1935. In 2010, a single use of the song required a \$700 royalty helping to make it the highest earning single song in history. After a court battle in 2016, the song was declared public domain.

Do you know any other versions of the song? Are there other birthday songs that you've sung? Tell me about some of your birthday traditions. What was your happiest birthday?

Moving

Watch the video from 4th Wall Backstage and try to follow their choreography for the song "Happy" by Pharrell Williams.

OR

Many professional athletes have their own "happy dance" to celebrate touchdowns, tackles, scoring points, great plays, etc. Have participants model what they would use for their "happy dance" or work together as a team to choreograph your own!

Watching (See YouTube playlist)

"I Whistle a Happy Tune" from King & I 1956 movie

Julie Andrews and the Muppets "Whistle a Happy Tune"

"Happy Talk" from the movie "South Pacific"

"Put on a Happy Face" Dick Van Dyke & Janet Leigh in the movie "Bye Bye Birdie"

The Turtles "Happy Together"

Bobby McFerrin "Don't Worry – Be Happy"

Pharrell Williams "Happy"

Goodbye

"You've Made Me So Very Happy"



DVD Cover from Amazon

HAPPY DAYS ARE HERE AGAIN

**So long sad times, go long bad times
We are rid of you at last
Howdy gay times, cloudy gray times
You are now a thing of the past**

**Happy days are here again
The skies above are clear again
So lets sing a song of cheer again
Happy days are here again
Altogether, shout it now,
there's no one who can doubt it now
So lets tell the world about it now
Happy days are here again**

**Your cares and troubles are gone
There'll be no more from now on**

**Happy days are here again
The skies above are clear again
So lets sing a song of cheer again
Happy times, happy nights
Happy days are here again!**

GET HAPPY

**Pack up your troubles and just get happy
Ya better chase all your cares away
Sing Hallelujah, come on get happy
Get ready for the judgment day**

**The sun is shining, come on get happy
The Lord is waiting to take your hand
Shout Hallelujah, come on get happy
We're going to the Promised Land**

**We're heading 'cross the river
Gonna wash our sins in the tide
It's all so peaceful on the other side**

**Forget your troubles and just get happy
Ya better chase all your cares away
Sing Hallelujah, c'mon get happy
Get ready for the judgment day**

**The sun is shining, come on get happy
The Lord is waiting to take your hand
Shout Hallelujah, come on get happy
We're going to the Promised Land**

Come on, Get Happy

Hello world, here's a song that we're singin'
Come on, get happy
A whole lotta lovin' is what we'll be bringin'
We'll make you happy

We had a dream we'd go travelin' together
And spread a little lovin' if we'll keep movin' on
Somethin' always happens
 whenever we're together
We get a happy feelin' when we're singin' a song

Travelin' along, there's a song that we're singin'
Come on, get happy
A whole lotta lovin' is what we'll be bringin'
We'll make you happy
We'll make you happy
We'll make you happy

I WHISTLE A HAPPY TUNE

Whenever I feel afraid, I hold my head erect
And whistle a happy tune
so no one will suspect I'm afraid.

While shivering in my shoes
I strike a careless pose
And whistle a happy tune
and no one ever knows I'm afraid.

The result of this deception is very strange to tell
For when I fool the people
I fear I fool myself as well!

I whistle a happy tune and ev'ry single time
The happiness in the tune
convinces me that I'm not afraid.

Make believe you're brave
and the trick will take you far.
You may be as brave as you make believe you are
You may be as brave as you make believe you are

(Turn Page)

**While shivering in my shoes
I strike a careless pose
And whistle a happy tune and no one ever knows,
I'm afraid.**

**The result of this deception is very strange to tell
For when I fool the people I fear
I fool myself as well!**

**I whistle a happy tune and ev'ry single time
The happiness in the tune
convinces me that I'm not afraid.**

**Make believe you're brave
and the trick will take you far.
You may be as brave
As you make believe you are...**

HAPPY TALK

Happy talk, keep talkin' happy talk
Talk about things you'd like to do
You got to have a dream, if you don't have a dream
How you gonna' have a dream come true?

Talk about a moon floating in the sky
 lookin' like a lily on a lake;
Talk about a bird learnin' how to fly
 makin' all the music he can make.

Happy talk, keep talkin' happy talk
Talk about things you'd like to do.
You got to have a dream, if you don't have a dream
How you gonna' have a dream come true?

Talk about a star lookin' like a toy
 peekin' through the branches of a tree
Talk about a girl, talk about a boy
 countin' all the ripples on the sea

Happy talk, keep talkin' happy talk,
Talk about things you'd like to do.
You got to have a dream, if you don't have a dream
How you gonna have a dream come true?
How you gonna have a dream come true?

(turn page)

**Talk about a boy sayin' to the girl
"Golly baby I'm a lucky cuss"
Talk about a girl sayin' to the boy
"You and me is lucky to be us!"**

**Happy talk, keep talkin' happy talk,
Talk about things you'd like to do
You gotta have a dream, if you don't have a dream
How you gonna have a dream come true?**

**If you don't talk happy and you never have a dream,
Then you'll never have a dream come true**

PUT ON A HAPPY FACE

Gray skies are gonna clear up - Put on a happy face
Brush off the clouds and cheer up - Put on a happy face

Take off the gloomy mask of tragedy - It's not your style
You'll look so good that you'll be glad
you decided to smile

Pick out a pleasant outlook stick out that noble chin
Wipe off that full-of-doubt look slap on a happy grin
And spread sunshine all over the place
and put on a happy face

Gray skies are gonna clear up- Put on a happy face
Brush off the clouds and cheer up - Put on a happy face

And if you're feeling cross and bitterish
don't sit and whine

Think of banana splits and licorice and you'll feel fine

I know a girl so gloomy she never laugh or sing
She wouldn't listen to me now she's a mean old thing

So spread sunshine all over the place
and put on a happy, happy face
Put on a happy, happy, happy face
Oh, come on bubby, smile it's your birthday

YOU MADE ME SO VERY HAPPY

I lost at love before got mad and closed the door
But you said try just once more I chose you for the one
Now I'm having so much fun you treated me so kind,
I'm about to lose my mind you made me so very happy
I'm so glad you came into my life

The others were untrue, but when it came to lovin' you
I'd spend my whole life with you
'Cause you came and you took control
You touched my very soul you always showed me that
Loving you was where it's at
You made me so very happy
I'm so glad you came into my life
Thank you baby, yeah yeah

I love you so much, it seems
That you're even in my dreams I can hear
Baby, I hear you calling me I'm so in love with you
All I ever want to do is
Thank you, baby, Thank you, baby

(turn page)

**You made me so very happy
I'm so glad you came into my life
You made me so very happy
You made me so, so very happy baby
I'm so glad you came into my life**

**Mmmm, I want to thank you, girl
Every day of my life I wanna thank you
You made me so very happy
Oh, I wanna spend my life thanking you
(Thank you baby, thank you baby)**