

I feel grumpy and upset about things a lot.
How can I be happier?

—Unhappy in Ulsan

Dear Unhappy,

We have all kinds of emotions. We might feel worried, happy, angry, sad, or silly—sometimes all in one day! This is normal and healthy.

One thing that can help us feel happier is gratitude. We can be grateful for a Heavenly Father who always listens and a Savior who loves and cares about us. If you feel unhappy a lot, it's a good idea to talk to a trusted grown-up about it.

Love,
The *Friend*

Play the Thankful Game!

Ready to find more gratitude? Grab a dice, roll it, and follow the instructions next to the number you rolled. The more blessings you look for, the more you will find!

YOU'LL NEED:

- a dice cube
- scriptures
- pencil & paper
- crayons
- *Children's Songbook*
- your singing voice
- positive thinking
- creativity



List five things Heavenly Father has given you.



Sing "My Heavenly Father Loves Me" (*Children's Songbook*, 228–29).



Tell or write about something good that happened today.



Read Doctrine and Covenants 78:19.



Name something you like about yourself.



Draw a picture of something you're grateful for.