

Week 3

# How To Be Happy



Visit [www.bible.com](http://www.bible.com) to check out the YouVersion Bible Plan, ***How to Be Happy***, and start reading it today!





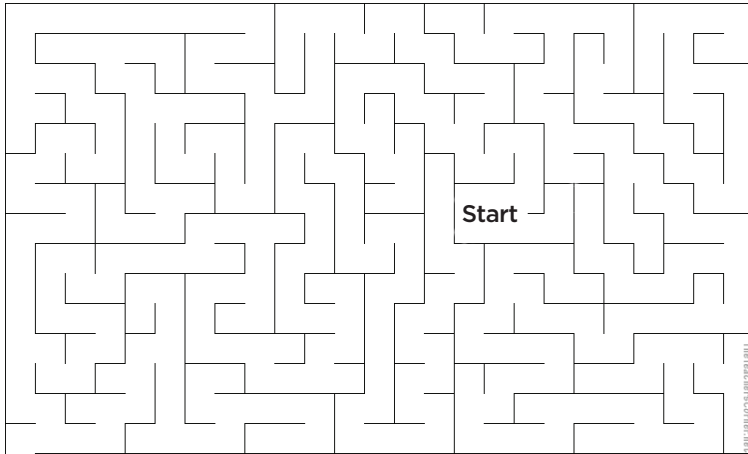
## Week 3: What's Inside Will Come Out

The things you feel on the inside will eventually make their way out. Sometimes in good ways and other times in not-so-good ways.

It's important to get your emotions out in healthy ways.

So let's have fun practicing getting things out.

Can you find your way out?



Great job! Now this week, practice getting your emotions out in healthy ways.

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Parent Signature

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Student Signature