



How to make a HAPPY BOOK

Making a Happy Book is a fun project for a K-Kids meeting or for individuals at home. Make one on your own as a pick-me-up when the rain ruins your pool plans or when you're just plain bored.

Why would you want a Happy Book? Everyone wants to be happy, right? But sometimes you're just not feeling that way. Maybe you're worried about starting middle school, or you feel dumb because you forgot your lunch money again, or you don't like what your mom is making for dinner. Reading through the pages of the Happy Book

you've put together can help put a smile back on your face and get you through the tough spots.

Here's how to create your own Happy Book.

1. Print out the next two pages as your template.
2. Cut out the boxes along the dotted lines.
3. Punch a hole in the upper corner of each box.
4. Tie them together with a string or yarn.
5. Personalize your book by adding your name and coloring the cover.
6. Fill in your entries on each page. You can even add decorations to the pages if you like.

Use some of these examples to get you thinking.

10 people who care about me

Who celebrates your birthday with you?

Include family, distant family and friends, old and new.

Examples: Mom, Dad, Aunt Sara, my best friend, my sister

10 things I'm really good at doing

Think about school subjects, sports, hobbies, games.

What do people compliment you on?

Examples: Drawing, listening, Scrabble Jr., making sure the dog gets walked, helping my mom with dinner

10 things that make me happy

Think of the people you like to spend time with.

What's the first thing you do after school, other than homework?

What prized possessions do you have?

Think about your room, your house, your family.

Examples: Game night, fishing with Granddad, going out for ice cream, snow days

10 things other people like about me

Think about what other friends, teachers and family say to you.

Why is your best friend your friend?

Examples: I'm a good sport, I am smart, I'm pretty friendly

10 things that make me feel calm

Think about what the word calm means.

What makes you feel not calm, and then what do you do to change that feeling?

Do parents or teachers give you suggestions or reminders of how to calm down?

Examples: Deep breaths, talking to my mom, playing the piano, counting to 10

10 things I'm looking forward to

Think of things your older siblings have done before you.

What can some of your friends do that you'd like to learn?

Examples: How to braid hair, how to use a compass while hiking, how to roller skate, Greek mythology in Social Studies, being part of student council

10 nice things I can do for others

Doing something nice for someone else makes you feel happy!

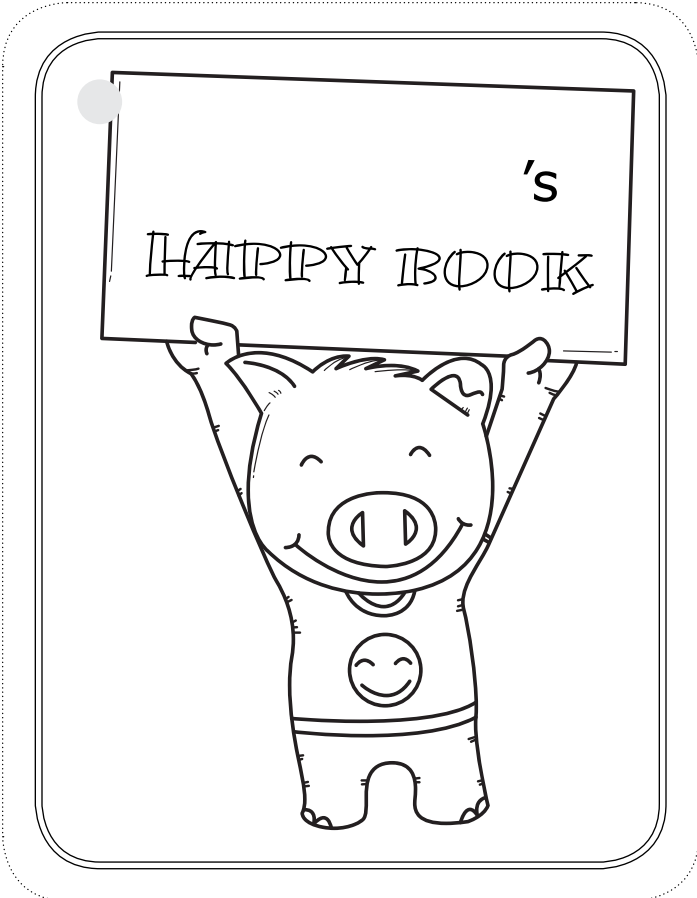
Think of ways you can make your friends and family smile.

Examples: Carry groceries inside for Mom, wash the dirty dishes without being asked, walk the neighbor's dog, help a friend clean up his/her room.

Keep the book handy in your pocket, backpack or locker. It's your book, so do what works for you!



INSTRUCTIONS: Cut out along the dotted lines each page of the Happy Book pattern. Punch a hole in the upper corner of each page, then tie them all together. Fill in each list and decorate.



● 10 people who care about me

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

● 10 things I'm really good at doing

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● 10 things that make me happy

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