

Happy Book Instructions

Your personal mood booster

This is your very own Happy Book. Why do I need a Happy Book you ask? Sometimes we need positive encouragement to make it through a tough day. You know, one of those days when nothing seems to go right.

So when you start to feel sad, mad or frustrated, step away from the situation, take a breath, and read a few pages of your very own Happy Book.

Here's how to create your mood boosting Happy Book.

1. Write your name on the front cover and decorate it to make your book unique and personal to you.
2. Review instructions on each page and fill in your entries.
3. Blank pages are also included so you can add more entries about things that make you happy.
4. If this little book works well for you and you want to share it, there's a template online at www.kkids.org/happybook.

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