

That's Happy!



Chris Dixon

That's Happy!

Emotions can take us on adventures.

Sometimes, they can feel up and down.

So the That's Okay creatures are
here to help.

Let's learn about emotions together!

I'm happy.



And this is my story.

Let me tell my story,
for just a short while.

As I've found out what
makes me smile.

I like unicorns, rainbows
and cats!

Making others happy,
there is also that.



I have a super power,
you see.

I know who else has it.
It's not just me!

The person with
super powers too, it's you!

Let's go together!
I'll show you what to do.



When we are happy,
we feel kind.

We can be nice others,
if they don't mind.

Come with me with
great speed.

I sense that someone
might be in need.



Look down below,
someone seems sad.

There may be a way
to help them feel glad.

Let's fly down and
land by that tree.

It's time for me to
be kind and happy.



little fish
digital



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Emotions are part of being a person.
It's okay to feel happy or sad.

The That's Okay series helps you learn about
your emotions with colourful creatures.

That's Happy is the story of how
being kind can help others feel happy.

