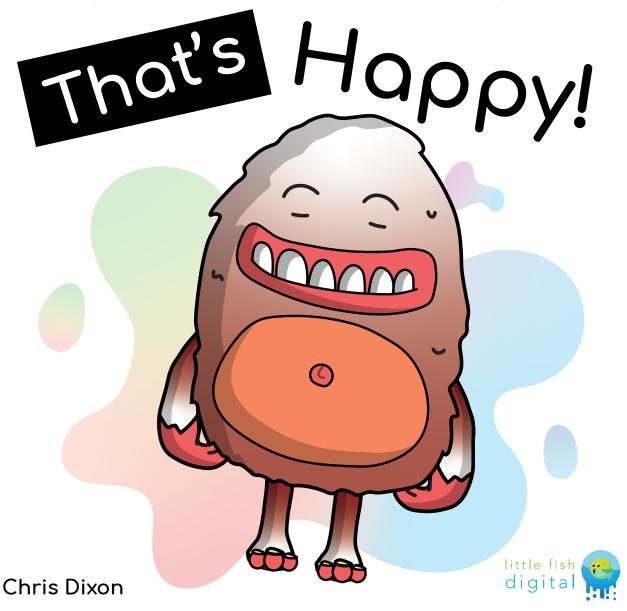
A rhyming book about being kind to help others





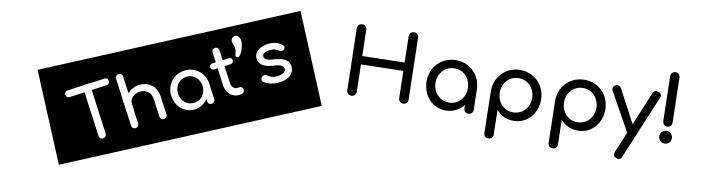
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Emotions can take us on adventures.

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 to 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.

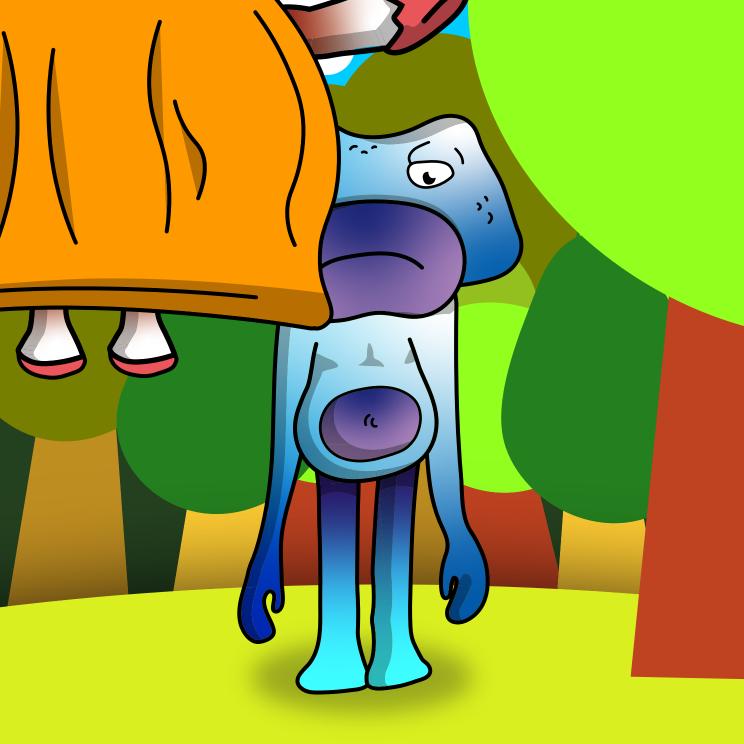


You look glum my blue friend.

Is there a problem we cannot mend?

It's okay to be upset, cry and wear a frown.

But friends can pull us up from feeling down.

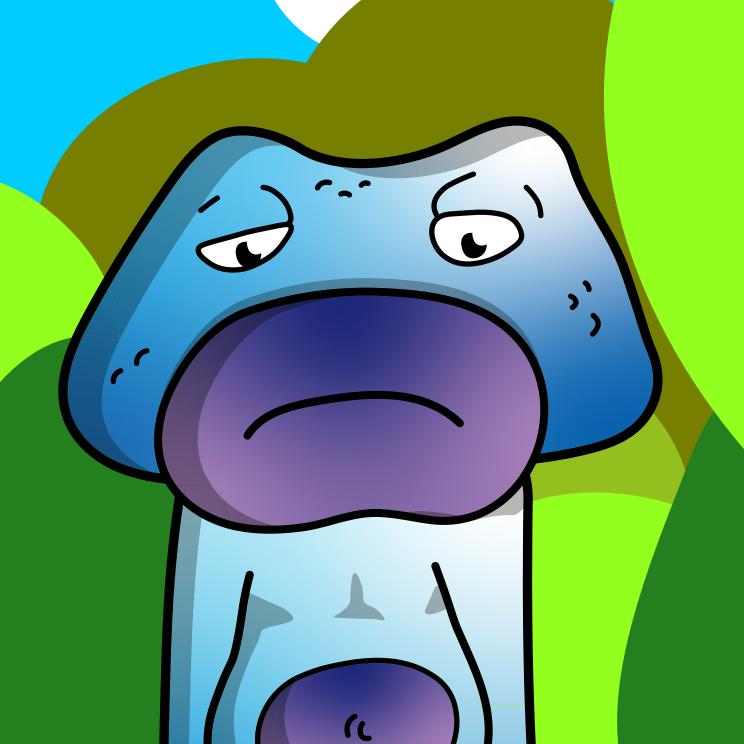


I went for a walk, got lost and now feel sad.

I need to get home, my friends may be mad.

They planned a party, that was meant for me.

Now all I want to do, is to hide under this tree.



I know when you are sad, you can feel stuck.

But don't worry, I can help, today you're in luck!

There is a fun way to put a smile on your face.

I'll take you on a journey, to a magical place.



If it's okay with you, please take my hand.

We will fly like birds, to a far away land.

Then I'll take you home. What a nice idea.

I'll keep you safe, there's no need to fear.



Thank you for this, I'm having fun.

What an adventure, and it's only begun.

Look at the clouds, that lake, and a rainbow too!

Let's visit that island as I'm feeling less blue.



To that island is where we are going.

There's something there that is worth showing.

Once you have seen what's in store...

...I think you may want to visit there more!



I can't believe my eyes, a unicorn and a cat.

I must be dreaming. It's not often you see that.

Some amazing animals, what a wonderful sight.

This is making me smile. I'm pleased you were right.



I can't now remember why I was sad.

Meeting you has been great, for that I am glad.

But now I feel I have somewhere to be.

Would you be so kind and try to remind me.



Of course I can, no worries my friend.

There is a fun party of which you'll attend.

Let's bring along the unicorn and cat.

The rainbow too. I can carry that!



I'll tell you my secret for when you feel alone.

Think of nice things, even when you're at home.

By imagining the times that made you feel happy...

...you could be like me, a right cheerful chappy!



I'll make sure to remember your wise words.

There's my house, far below those pink birds!

Thank you for helping, I was sad for too long.

Please come in for cake and a jolly sing song.



When they reached the house they all went inside...

...to find their friends smiling bright and wide.

They were not mad when the blue one was late.

Because the unicorn and cat made up for the wait.



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.



