

A rhyming book about being kind to help others

# That's Happy!



Chris Dixon

little fish  
digital



little fish  
digital



# Get more books online

Go to this website

[thatsokay.co.uk](https://thatsokay.co.uk)

Or scan this code with your phone



© 2024 Chris Dixon. All rights reserved.

# 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 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.

