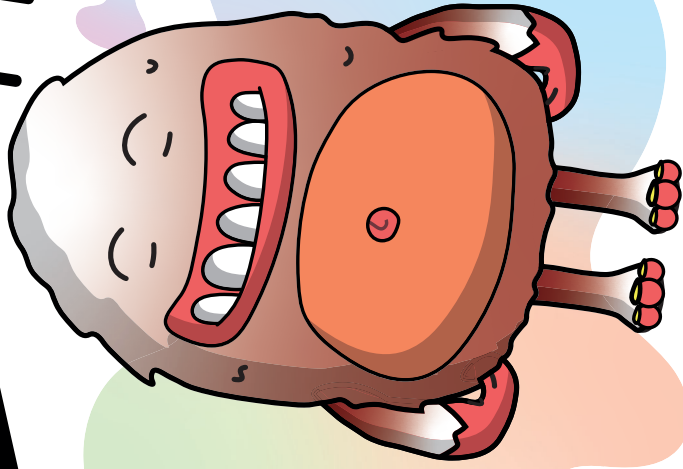


A rhyming book about being kind to help others

That's Happy!



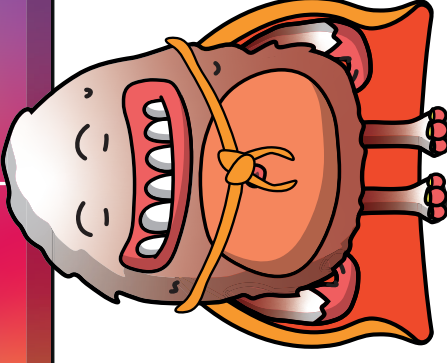
Chris Dixon

little fish
digital

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.



thatsokay.co.uk

little fish
digital

That's Happy!

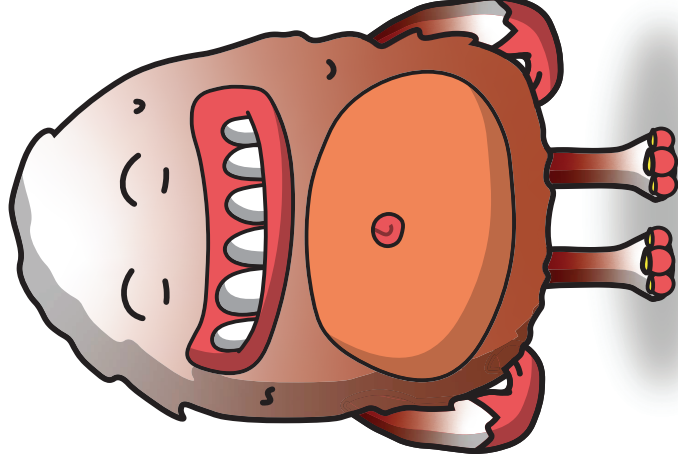
Emotions can take us on adventures.

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.

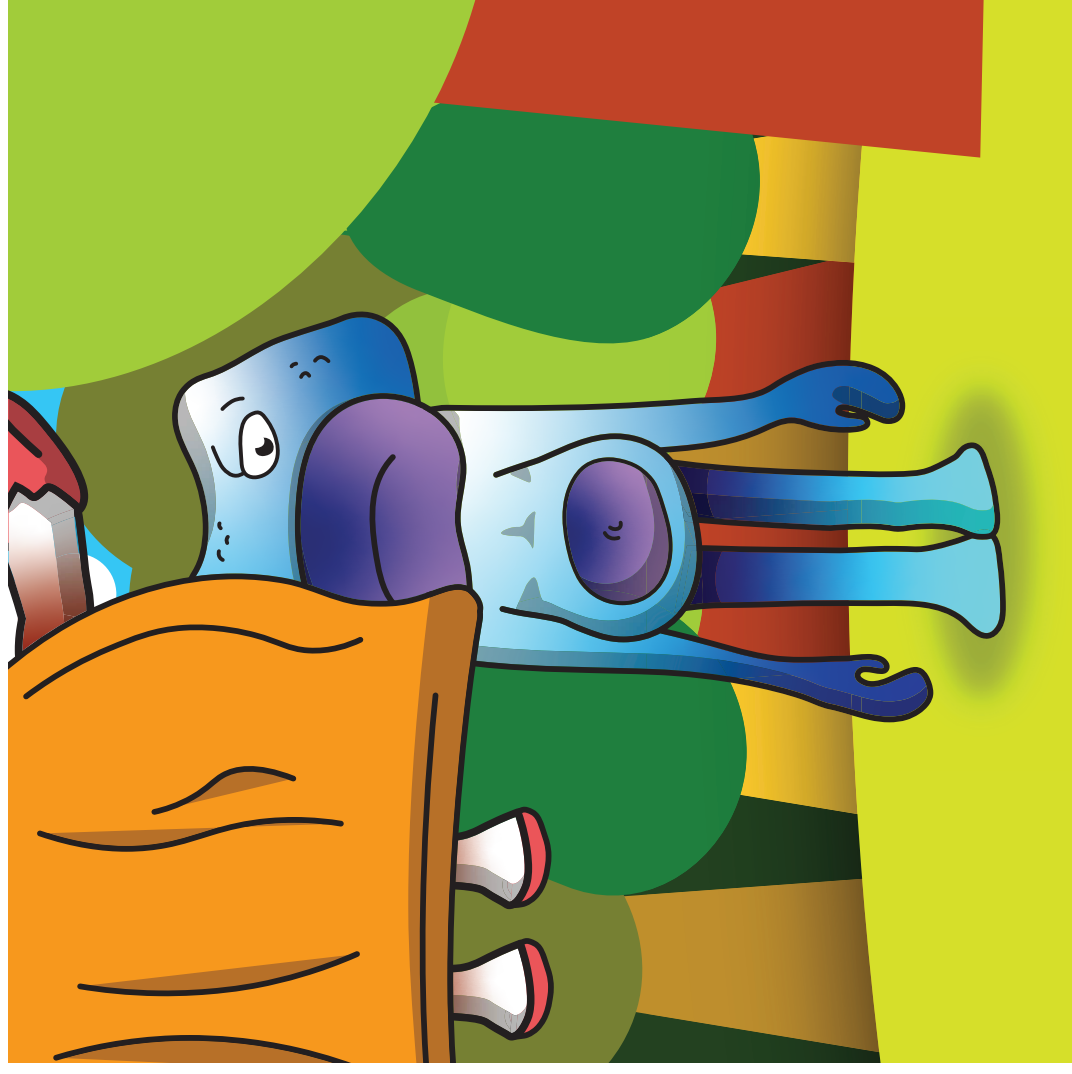


You look glum
my blue friend.

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.

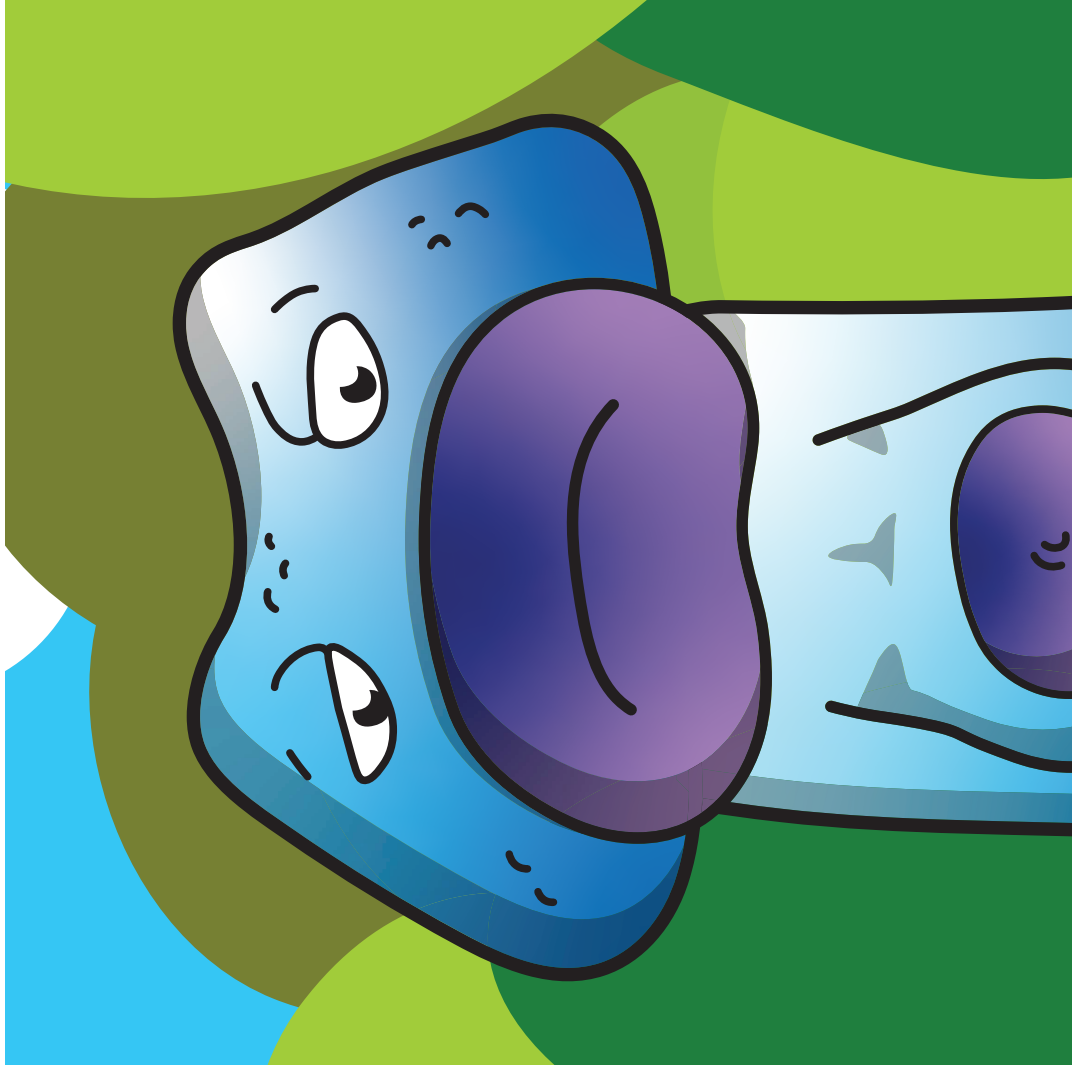


I went for a walk, got lost
and now feel sad.

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.

