



# The Happy Club

Happy Mail

## HAPPY FARM FIELD TRIP



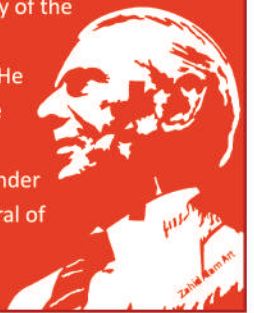
WANT TO BOOK A FIELD TRIP AT OUR HAPPY FARM?

[WWW.SABIHA.COM.PK](http://WWW.SABIHA.COM.PK)

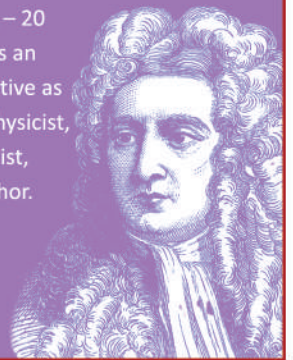
CONTACT US: 0300 8547187

## HIGHLIGHTS (DECEMBER)

**Quaid-e-Azam** Day is a public holiday in Pakistan observed annually on 25th December to celebrate the birthday of the founder of Pakistan, Muhammad Ali Jinnah. He is referred to as Quaid-e-Azam, meaning "Great Leader". He was the founder and first governor-general of Pakistan (1876–1948).



**Isaac Newton** (25 December 1642 – 20 March 1726/27) was an English polymath active as a mathematician, physicist, astronomer, alchemist, theologian, and author.



**THE HAPPY BOX**

SURPRISE TOY INSIDE  
GRAB YOURS TODAY

[www.sabiha.com.pk](http://www.sabiha.com.pk)

## JUST FOR LAUGHS

WHAT DO FRENCH FRIES DO WHEN THEY MEET AFTER A LONG TIME?

THEY KETCHUPI

WHAT DID THE BUTTER SAY TO THE TOAST?

YOU'RE MY BUTTER HALFI

## WORD SEARCH

### WINTER

S	F	S	N	O	W
K	J	P	V	R	H
I	M	I	C	E	B
C	O	L	D	X	O
Y	A	U	E	J	O
Q	Z	C	O	A	T



## CHEESY FACTS

### DID YOU KNOW?

- THERE ARE AROUND 2,000 VARIETIES OF CHEESE.
- CHEESE TAKES UP ABOUT 1/10 THE VOLUME OF THE MILK IT WAS MADE FROM.
- THE EARLIEST EVIDENCE OF THE CHEESEMAKING PROCESS IS FOUND IN WHAT IS NOW KUYAVIA, POLAND, IN 5500 BCE!
- THE ORIGINS OF CHEESE DATE BACK OVER 4000 YEARS.

## COLORING FUN



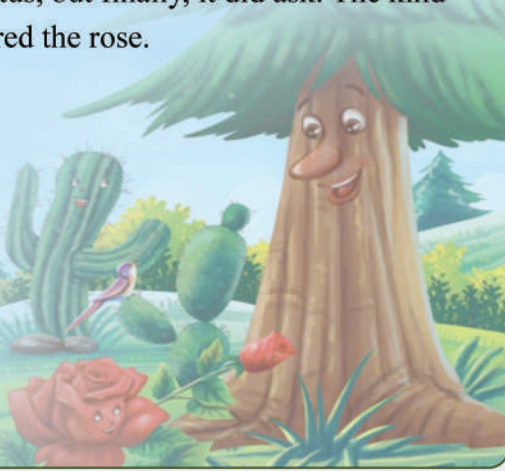
## Storytime

### THE BEAUTIFUL ROSE AND THE THORNY CACTUS

Once there was a rose that was very proud of her beautiful looks but she was disappointed that she grew alongside an ugly cactus. Every day the rose would insult the cactus's looks, but the cactus kept quiet. Spring passed and summer arrived. There was no rain for a long time. The once proud rose slowly began to lose its colour and started to wilt. The rose saw a sparrow stick its beak in the cactus and drank water from it. The rose felt ashamed to ask for help from the cactus, but finally, it did ask. The kind cactus agreed and the sparrows watered the rose.

#### Moral of the Story:

"Don't judge anyone by their appearance."



### پاسا کوا

ایک کوا بہت پیاسا تھا۔ وہ پانی کی تلاش میں ادھر ادھر اڑا۔ وہ ایک باغ میں گیا۔ وہاں اُس نے ایک گھڑا دیکھا۔ اُس میں پانی بہت کم تھا۔ وہ اُسے پی نہ سکا۔ اُسے ایک ترکیب سوجھی۔ وہ پتھر کے کچھ ٹکڑے اٹھا لایا اور گھڑے میں ڈال دیے۔ جیسے ہی اس نے گھڑے میں پتھر ڈالے، پانی اوپر آ گیا۔ اُس نے پانی پیا اور اڑ گیا۔

سبق: خدا انکی مدد کرتا ہے جو اپنی مدد آپ کرتے ہیں۔



#### WHAT IS SMOG?

SMOG IS AIR POLLUTION THAT REDUCES VISIBILITY.

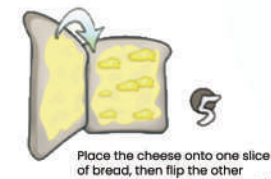
#### SAFETY STEPS TO PROTECT YOURSELF FROM SMOG

- STAY INSIDE.
- WEAR A FACEMASK.
- WALK, BIKE OR CARPOOL.
- DON'T BURN WOOD OR TRASH.



#### LITTLE CHEFS' RECIPES

##### MAKING A CHEESE TOASTY!



#### SELF LOVE REMINDER

I can calm my emotions with my breath.

I can calm my emotions by moving my body.



I can always stop to take a deep breath.

I can speak kindly to myself.

#### FILL IN THE BLANKS

THESE ARE THE BENEFITS OF CHEESE:

- RICH IN \_\_\_\_\_
- \_\_\_\_\_ BONES
- STRONG \_\_\_\_\_
- RICH IN \_\_\_\_\_
- RICH IN \_\_\_\_\_
- \_\_\_\_\_ FORTIFIED

(CALCIUM, STRONG, MINERALS, VITAMINS, JOINTS, PROTEIN)



#### WORD COLLECTOR

حرف کا خزانہ

##### Happy

noun

Happy means feeling super-duper joyful

Example: "Winning a game or finishing a puzzle makes me really happy."

##### خوشی

اسم

تریف: خوشگوار حالت جو دل کو خوشی اور سکون محسوس کراتی ہے۔

مثال: پاکستان کی جیت کی خبر سن کر علی خوش ہو گیا۔

#### GUESS THE WORD



\_\_\_\_\_

E E H E C S

#### DRAW WITH US

DRAW HERE

