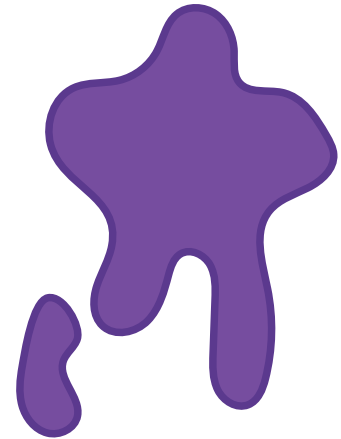


Read for Pleasure

Happy

By Nicola Edwards & Katie Hickey



We breathe deep and expand like the galaxy.

We breathe out many thousands of stars.

And if ever we start to feel panicky, this reminds us of just who we are.

A book about mindfulness and how we can achieve true happiness.

Title Talk

The title of this story is: Happy.

- What makes you happy? Make a list with your teacher.
- Why do each of these things make you happy? Discuss.
- What do you think this book will be about? Why do you think this?

Cover Chat

Now look at the cover of this picture book.

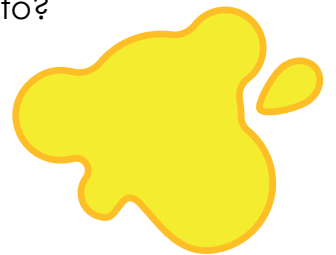
- Here we see someone sat on a roof gazing up at the stars. Why do you think this would make them feel happy? Discuss.
- We also see a shooting star. Would this bring you happiness if you were to see such a star? Why might this be? Discuss.

Page 1-2: Mindfulness

- What is MINDFULNESS all about?
- Why might we miss out on appreciating what is around us even if it is right under our noses? Discuss.
- Where does the author tell us true happiness can be found? Why might this be? Discuss.

Page 3-4:: Listening

- Why is it important for us to be still from time to time?
- What three sounds are mentioned we might stop and listen to?
- Take a moment and really listen to the sounds around you. What do you hear? How does this make you feel?



Page 5-6: Feeling

- Why do you think we are told that 'Even the darkest storm passes' and that 'The sun can't shine bright every day'? Discuss.
- How is this depicted on the pages? Discuss.

Page 7-8: Relaxing

- How might our bodies become tense? Why might this not be a good thing? Discuss.
- What does the author suggest we might do on page 8 that will help us to relax? Try it out.

Page 9-10: Tasting

- Does the author believe that we should eat quickly or slowly? Why is this?
- Try tasting some different foods like chocolate, jelly, nuts and ice-cream. How do each of these tastes and textures feel different on your tongue?
- How might slowing down when you eat help you to 'savour the deliciousness of every meal'? Discuss.

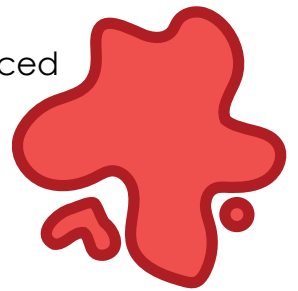


Page 11-12: Touching

- The author tells us that touching can calm the wildest emotions. How true do you think this is? Discuss.
- What two examples of this does the author give us on page 12?
- Now close your eyes. Your teacher will give you something to touch. Hold it carefully. Really feel it. What do you think it is?
- Does this activity help calm you down and appreciate the world around you? Discuss.

Page 13-14: Discovering

- What do you think the author means when she says 'the world's brimming with curious treasures'?
- What three curious treasures does the author give as examples? List them.
- Look around you. Can you spot something you haven't noticed before?

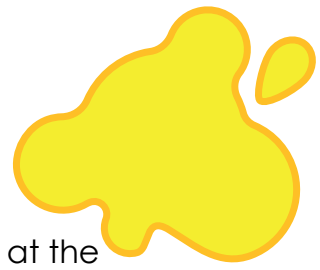


Page 15-16: Smelling

- What smells does the author mention on page 15?
- How might smelling these things help calm us down and relax? Discuss.
- Your teacher will now give you some things like an orange, some popcorn or a flower to smell. Close your eyes and really smell them. How does this make you feel? Why might this be?

Page 17-18: Loving

- Love and kindness go hand in hand. Why do you think the author likens these things to a tree that grows from a seed? Discuss.
- What acts of loving kindness might we show someone?
- Turn to your neighbour and give them a smile or a hug. How does this make YOU feel? How does this make THEM feel?
- How does showing others love and kindness help bring US happiness too? Discuss.
- Have you shown LOVE and KINDNESS to someone today? Who was it? What did you? How did it make THEM feel? How did it make YOU feel?



Page 19-20: Appreciating

- Why do you think the author says it 'feels good to give thanks at the day's end'?
- What five things does the author suggest we might be thankful for? List them.
- What good things have happened in your world recently that you are thankful for? Discuss why this might be.

Page 21-22: Breathing

- Breathe in slowly to a count of four. Hold your breath for a second or two then breathe out slowly to a count of four. Does this help you to relax? Why might this be?

Page 23-24: Happiness

- Do you agree with the author that 'every day is an adventure'? Why? Why not?
- Do you think it is important to live in the MOMENT? Discuss.
- What question does the author of this book end with? How might you answer it? Discuss.

John Murray

John is a recognised specialist in developing children's reading and comprehension.

The creator of Reading Explorers, Top Class Comprehension and Reading Rocketeers, his seminars and CPD training focus on the teaching, learning and enjoyment of reading.

An independent Literacy consultant, he aims to support schools to improve their performance and secure best practice. Above all, it is to ignite within us a passion for books and a genuine love for the written word.

His enthusiasm and expertise can be seen throughout his work and his resources and training are used in classrooms worldwide.



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