

Be Happy!

A Little Book of Mindfulness




Maddy
Bard

Emma
Dodd

Be Happy

Hucky and Buzz love to run in the park
and feel the grass under their paws.

What do you like to do?



Race you
to the tree.
Buzz!



Catch me
if you can!



Be Thankful

Hucky and Buzz appreciate the little things.
Look at the beautiful world around you.
What are you thankful for?

Be Kind

Kindness makes everyone feel better
and can be shown in lots of different ways.
What kind things can you do?





Show Love

Being loved is a happy feeling.

It makes us feel warm inside.

Give someone a big hug
to show them that you care!

Breathe

Sometimes Hucky and Buzz sit quietly and listen to the sound of their breathing.



Put your hand on your tummy and breathe in slowly through your nose, then out through your mouth.

How does it make you feel?