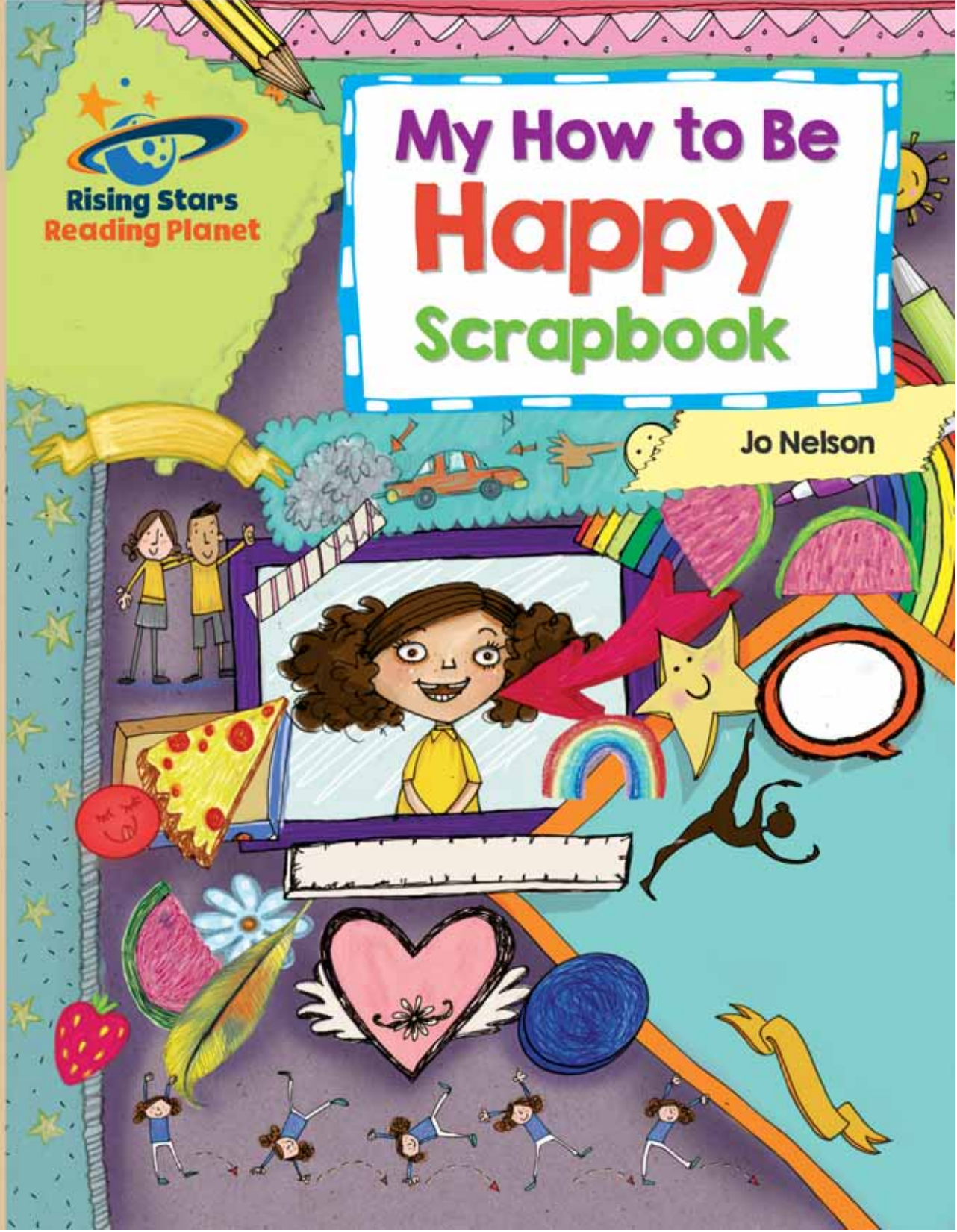




Rising Stars
Reading Planet

My How to Be **Happy** Scrapbook

Jo Nelson





Reading Planet Notes

In this book

Your child may need help with these words:

annoying	Zainab
gymnastics	Syria
worrying	designed
concentration	language
listen	Arabic
trampoline	meditation

Say them out loud and talk about the meanings together before you start reading.

Reading tip

Help your child develop their ability to relate to what they are reading about by relating their experiences to the text. For example, *Do you remember when you lost your pencil case?* or *Do you remember when you made someone who was unhappy laugh? How did that make you feel?*

Before reading

Look at the front and back cover together. Ask your child: *What do people usually keep in a scrapbook? Have you ever made a scrapbook? Can you describe what a 'worry' is?*

While reading

- ★ Ask your child to tell you what the word 'stressed' means in their own words. Can they use this word in a sentence of their own?
- ★ Pause after reading page 21. Can your child remember some of the things that Jo did that made her feel happy? Which section of the scrapbook did they think was the most interesting? Encourage them to explain why that part was their favourite.
- ★ If your child has had trouble reading a sentence, re-read the sentence to them. This will help them understand the meaning.

After reading, encourage your child to talk about what they have read. You'll find ideas for questions and activities at the back of this book. →

My How to Be Happy Scrapbook



Written by Jo Nelson
Illustrated by Lesley Danson

RISE★**STARS**

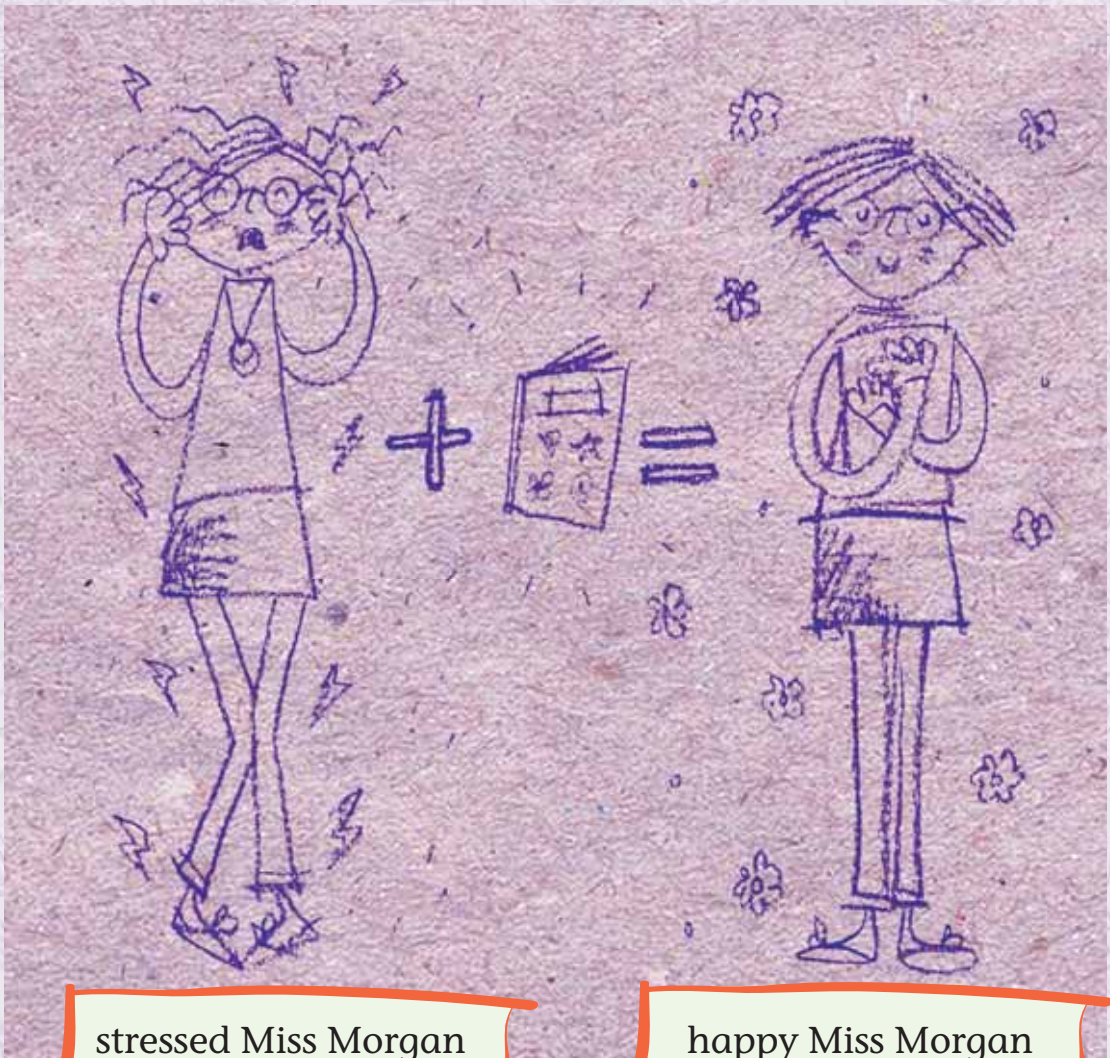
My scrapbook

Our class has been given scrapbooks to fill with ideas about how to be happy.



My teacher, Miss Morgan, says there's too much stress and worry in the world. She says, "It's important to be happy in yourself. Then you can be a better person and help others."

Miss Morgan often looks stressed herself. I think she needs a scrapbook too.



stressed Miss Morgan

happy Miss Morgan

Happy being me

My name is Jo, and I have brown eyes and annoying, frizzy hair.

Me on a bad hair day.

I like gymnastics and drawing, and chatting with my friends.



I'm happy most of the time, but sometimes I get worried about things like:



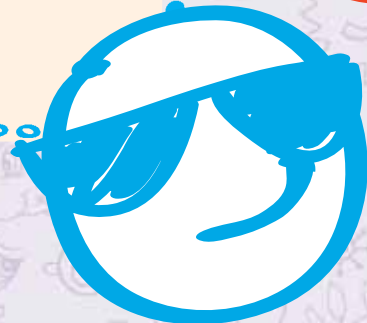
- forgetting my lunch box
- having no one to play with at break
- bad things happening in the world.



My friends Leyla and Zak say they have the same worries, too. Then we remind ourselves how lucky we are because we have:



- clothes to wear
- food to eat
- homes to live in.



Talking and sleeping

For me, bedtime is the worst time for worrying thoughts.



I like it when Mum turns my light off and stays for a cuddle and a chat. If I share my worries with her, I can get them off my mind. Then it's much easier to drift off to sleep.

I always feel so much better after a good night's sleep!



It helps me do well at school the next day.



Everyday magic

Today I had a magical moment.

I was in the park, the sun was shining,
and I could hear birds chirping in
the trees.

I took deep breaths of the lovely
fresh air and watched a feather
floating by on the breeze.



Without really thinking, I took off my shoes and socks and did cartwheels across the grass. It was the best feeling!



Next time I feel stressed or worried, I'm going to stand still in the park again, and just look and listen and breathe.

Don't be mean

There are two confident, loud girls in my class. Sometimes I think I want to be like them, but today they were teasing Zak because his PE shirt was too big.



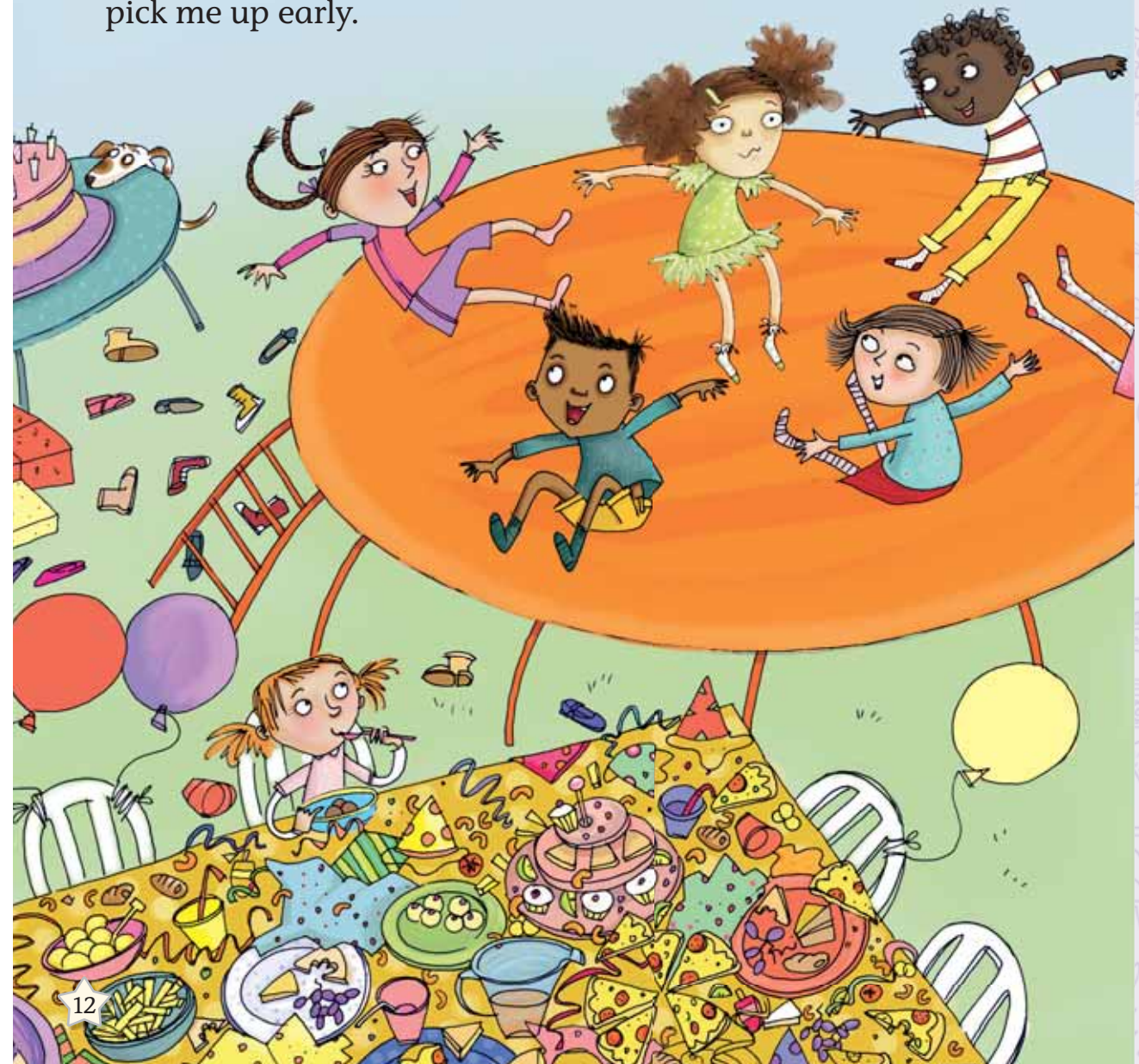
When Miss Morgan said get into pairs, I asked Zak to be my partner. It was really fun working together and Miss Morgan said our gym routine was ^{★ ★ ★ ★ ★}brilliant._{★ ★ ★ ★ ★}

The loud girls were very quiet after that. I think they realised that being a good friend is more fun than making mean jokes.



What to eat

I went to Leyla's birthday party at the weekend and I ate lots of sweets and cake. I felt silly and giggly. Then I felt sick. I felt too sick to jump on the trampoline, and Gran had to pick me up early.



Now I see why grown-ups tell us to eat healthy food. It gives us good energy. A bowl of porridge and a banana for breakfast give me superpowers that last until lunchtime!



(It's still okay to have a few treats though.)



Write it down

I'm finding that even writing this scrapbook is helping me to be happy.

If I write a worry down, it doesn't bother me so much.



Today, I want to write about the new girl in our class. She's called Zainab, and she's from Syria. She had to leave her country because it wasn't safe.

Zainab doesn't speak much English yet,
and she looks so sad.



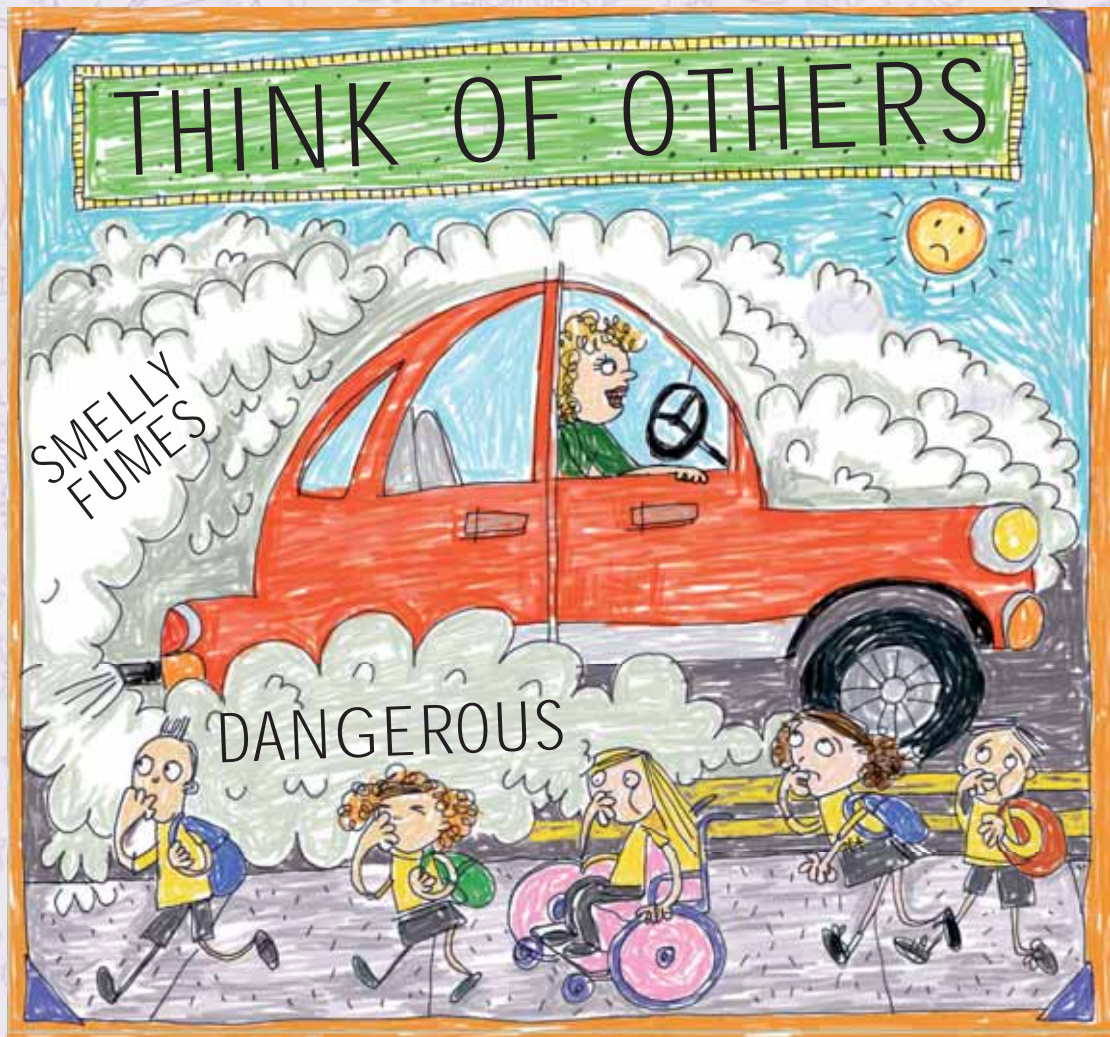
I decided to draw her the happiest picture I
could think of. It looked a bit like this.



When I gave it to Zainab,
she smiled at me for the first
time. It gave me a lovely,
warm feeling inside.

Making a difference

To make our school a better place, we've started a group called 'Make a Difference'. I designed our first poster. It's about being more thoughtful on the school run. We're going to put it on the board in the playground for all the parents to see!



Our next plan is to make a Friendship Stop sign. Anyone in the playground can go there if they're looking for someone to play with.

Come and play with us.



FRIENDSHIP STOP

Okay!



Project Keep Calm

Zainab and I are becoming good friends. Her English gets better every day. Here's a pattern we coloured in together.



We've also been trying out pretty letters called calligraphy.



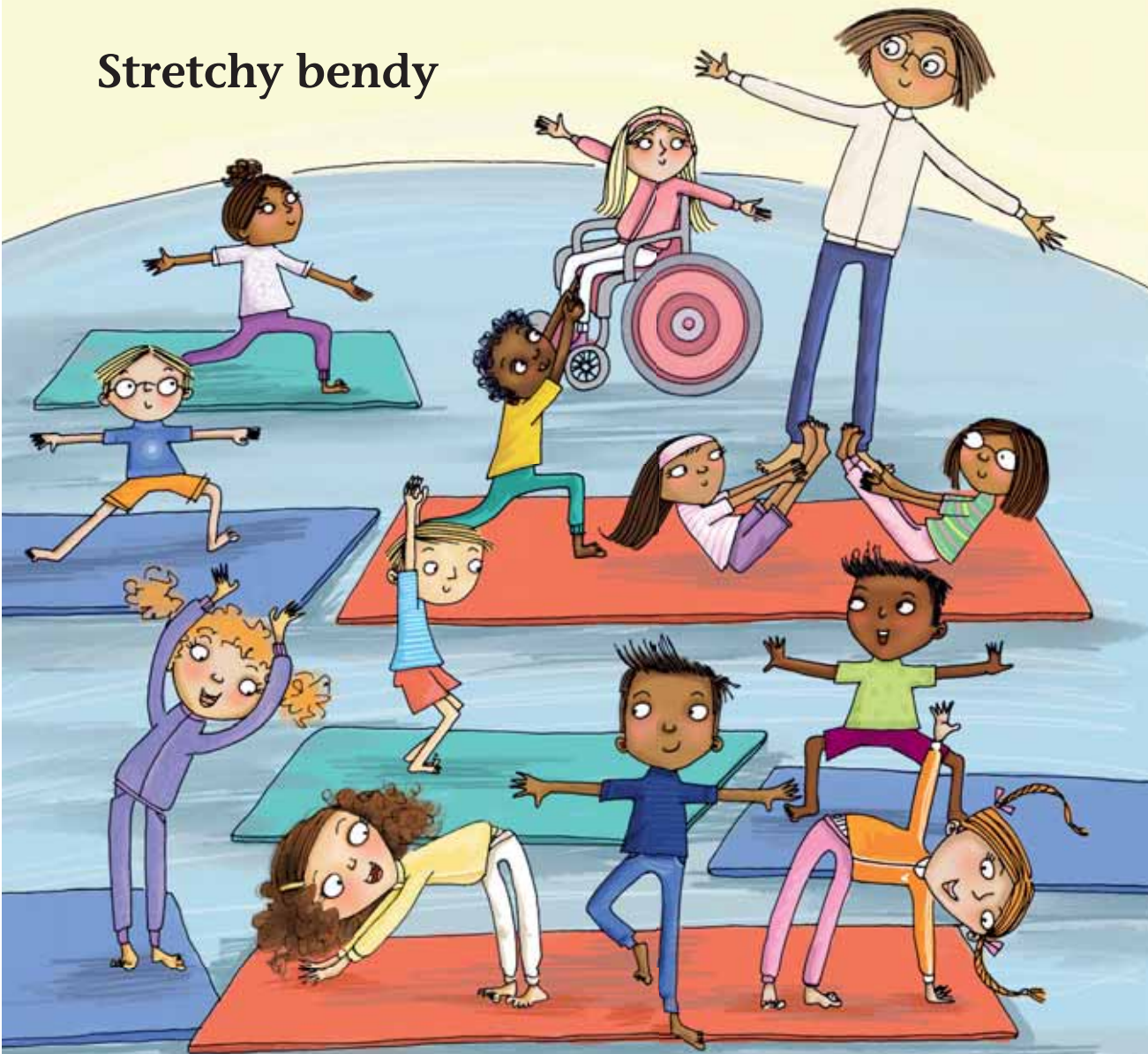
Zainab showed me the beautiful letters she uses to write her language, Arabic.

She said I could stick this in my scrapbook.

ح ه خ ق ف د ب ع ا
ص ر ن م ل ا ل خ ك ح
و ذ ظ ض ث ط ت ش س
ن ر ي

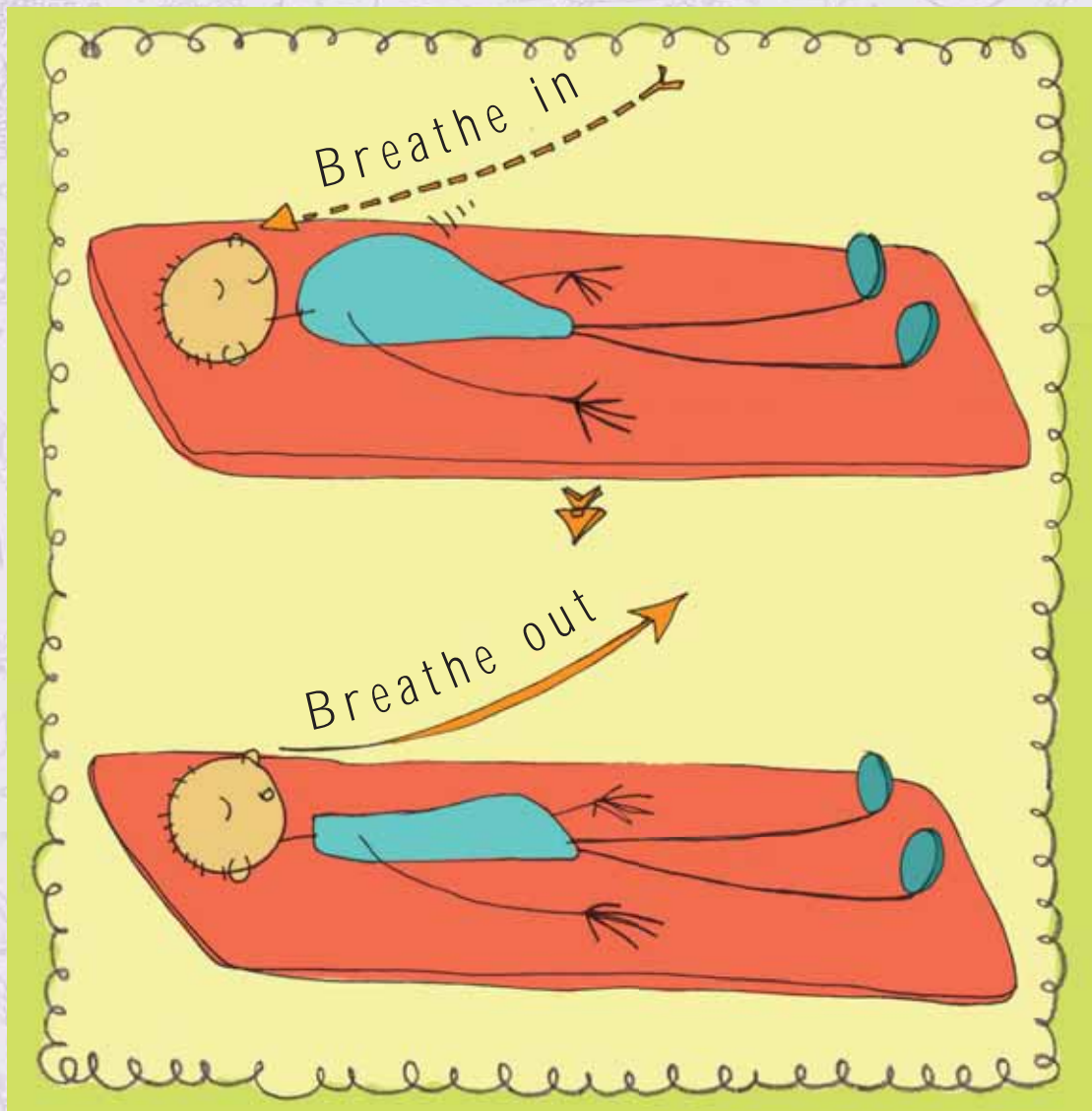
I love doing things with my hands, such as colouring or making little models with clay. It makes my brain feel calm and less jumbly.

Stretchy bendy



I've found my new favourite thing! It's called yoga, and we're trying it out in class. Yoga is all about stretching and breathing. I thought it was silly at first, but then I realised it was another way of clearing my head.

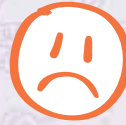
Sometimes we just close our eyes and relax. Miss Morgan calls it meditation. The trick is to ignore everything going on around you and focus on breathing IN and OUT. It's a really nice feeling, once you get used to it.



Top tips

I've reached the end of my scrapbook now.

Here's what I've learned about how to be happy.



Be kind and friendly

Making other people happy will make YOU happy.



Do something POSITIVE

Even little things can make a difference.



Sleep well

You'll feel MUCH better after a good night's sleep.



Run around outside

Exercise, fresh air and sunshine all make you feel better.



😊 **Eat well**

Munch on LOTS of fruit and vegetables.



😊 **Find a way to RELAX**

Try doodling, crafts or yoga.



😊 **Write down your worries or SHARE them with an adult**

Then they don't seem so worrying!



😊 **Be thankful**

Enjoy all the GOOD things in your life.



Talk about the book

Answer the questions:

- 1 What was the name of Jo's teacher?
- 2 What three things did Jo, Leyla and Zak feel lucky to have?
- 3 Which country did Zainab come from, and why did she leave there?
- 4 Can you explain what the word 'positive' means? (page 22)
- 5 Why did Jo draw a happy picture for Zainab?
- 6 Why do you think Jo thought yoga was silly at first?
- 7 What would you like to improve if you were part of a group like 'Make a Difference'?
- 8 Does your brain ever feel jumbly? What helps you to relax?



AFTER READING

Try these activities with your child:

- ★ Try keeping a picture diary for a week. Draw a smiling or frowning face to match your mood. Which was your best day of the week, and why?
- ★ Use modelling clay to make a small sculpture of something that makes you feel happy. Keep it in your pocket or bag to put a smile on your face when you see it!
- ★ Practise breathing in and out slowly and calmly with your eyes closed. How does it make you feel?

Find out more

Interview your teacher or parent/carer to find out more about them. You could ask them where they went to school, what their favourite part of the day is and if they have any hobbies.

If they ever feel stressed or worried, what do they do to feel more positive?

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My How to Be Happy Scrapbook

Join Jo as she shares her feelings in this scrapbook. Find out how to cope with worry and what you can do to feel happy, too.

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