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Things that Make Me Happy (Children's Picture Book for Ages 4-8) (Children's Books with Good Values)

Sarah Mazor

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The children in Miss Happy Morejoy's preschool class were surprised one morning when their beloved teacher arrived looking sad. The kids found out why Miss Happy's smile was missing and they were saddened too. But then they reminded her of the power of happy. To chase away the blues, Miss Happy and her preschoolers played the happy game, a fun and engaging activity that lifted everyone's spirit. Read "Things that Make Me Happy" to or with your children and infuse happiness into their lives. Happy children do better socially and academically and generally also feel better about themselves. Happiness is an emotional and mental state of well-being that promotes positive energy and contributes to feelings of self-worth and self-confidence. Life however, is not always cheery and fun. Things happen that sadden us, adults and children alike. And it is okay to be sad and even healthy to cry and allow time for sadness, so long as it is not for a prolonged period of time. When sadness lasts too long we must do something about it. There are different ways to cheer ourselves and others and it is a good idea to do so. One of the most effective methods to cure the blues - a technique that works for all age groups - is thinking happy thoughts and then vocally expressing the happy thoughts. In "Things that Make Me Happy" preschool kids chase sadness away with happy thoughts they say out loud.

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