

Meet Happy



Happy is the brightest member of the Feelings Family! With his radiant smile and warm glow, he's always ready to spread joy and laughter throughout Emotiwood. His golden rays symbolise the power of positivity, reminding everyone in Emotiwood that happiness can be contagious. Happy believes that even on cloudy days, there's always a reason to smile. Smiling, even when you don't feel happy, can actually make you feel better!

Happy reminds us that joy can be found in the simplest things and that it's wonderful to embrace and share our positive emotions, lighting up the world around us just like a beautiful sunny day!

Happy's Tips for Feeling Joyful:

- ☀ Smile at yourself in the mirror each morning
 - ☀ Do something kind for someone else
 - ☀ Spend time outdoors and appreciate nature
 - ☀ Dance to your favourite upbeat song
- ☀ Write down three things you're grateful for each day