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Penguin
Random House
UK

First published 2020

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Cover and interior design by Emma Wells, Studio Nick&Liz
Printed in Great Britain by Clays Ltd, Elcograf S.p.A.

A CIP catalogue record for this book is available from the British Library

ISBN: 978-0-241-46669-8

All correspondence to:

Puffin Books
Penguin Random House Children's
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London SW11 7BW



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FEARNE COTTON

YOUR MOOD JOURNAL



PUFFIN

HEY, hey, hey
I AM
HAPPINESS



I'M THE MOOD YOU PROBABLY WANT TO BE IN MOST!

You'll feel me when a friend says something lovely or your teacher tells you that you've done well. I often turn up when you have a tasty ice cream or get a new toy, but that doesn't mean I'll stick around. I like to come and go, popping up in moments when you're least expecting me.

You might think I'll definitely turn up when good things happen but sometimes I don't. Other times you might not expect me and **BOOM**, there I am. I like to surprise you and deliver little moments of joy here and there.

Some people think I'm a destination – something to be arrived at – but I don't really work like that. I'm always lurking nearby so don't worry too much if you haven't seen me in a while. You really don't need to chase me either. I'm pretty easy-going, so I just show up when I fancy it. If I am with you right now, just enjoy every minute. Embrace me and don't think about the future or when I might leave again. I'm going to be popping up throughout your life, so relax knowing that we are going to have a lot of fun.

WRITE ABOUT OR DRAW WHAT HAPPINESS
LOOKS LIKE TO YOU.



EXERCISE ONE

WHEN WAS THE LAST TIME YOU FELT REALLY HAPPY?

Write about how being happy made you feel
and what caused it below.

EXERCISE TWO

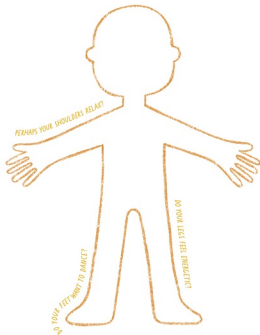
Imagine your happy feelings are water,
and colour the glass below to show how
happy you feel today. Filling the glass to
the top means you're feeling really great,
and nearer the bottom might mean you're
not quite as happy as usual.

THERE IS
NO RIGHT OR
WRONG ANSWER.
IT'S JUST INTERESTING
TO LOOK AT HOW
HAPPY YOU FEEL
RIGHT NOW.



EXERCISE THREE

When you are happy, where do you feel it? Colour the areas below. Don't forget your face, too. If you're not sure what to draw, find a mirror and make a happy face. Is your mouth open or shut? What shape is it making?



EXERCISE FOUR

Are there people in your life who always make you feel happy? Who are they? Write about them and why they make you feel so good.



EXERCISE FIVE



Draw

something that makes you laugh. It could be an imaginary animal, a silly face or a funny memory – anything that gets you giggling.

EXERCISE SIX

Do you ever worry that the feeling of happiness will fade? If so, that's natural. Happiness comes and goes and that's OK. Colour in the word **HAPPY** below and remember that, even when you don't feel happy, happiness will come back into your life again.

HAPPY
HAPPY
HAPPY



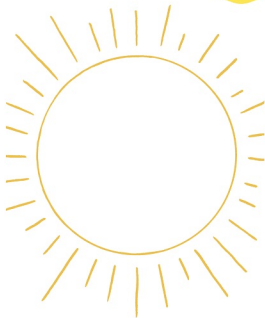
EXERCISE NINETEEN

WHAT COLOUR MAKES YOU FEEL HAPPY?

Colour the sun below in your own happy colour.

TRY TO
FIND WAYS TO
GET MORE OF
THIS COLOUR
INTO YOUR
LIFE.

COULD YOU
REDECORATE YOUR
BEDROOM? OR CHOOSE
IT FOR YOUR NEXT SCHOOL
BAG? EVEN SOMETHING
LITTLE LIKE A KEY RING
COULD HELP YOU
FIND YOUR
HAPPY!



EXERCISE TWENTY

SEE HOW MANY PEOPLE YOU CAN MAKE FEEL HAPPY TODAY.

Can you smile at people you walk past? Say something kind to your parent or carer? Share something you love with someone else? Make spreading happiness your mission today.





Don't forget...

Feeling happy is wonderful, especially when we let go of the fear of losing it. Remember: happiness comes and goes for all of us. We rarely want good things to end, but maybe they have to in order to allow new good things to arrive in our lives.

My favourite thing to remember about happiness is that sometimes it happens for no reason at all. It can just pop up when you're sitting alone in the sunshine or even when you're walking in the rain. Watch out for these moments and enjoy every second.



Notes

