

# How to Be Happy :-)



Follow these  
simple rules!

Danielle Bruckert

**free kids  
Books**

Learn Sight Words

# How to Be Happy

Learn Sight Words Series  
Published by Red Sky Ventures  
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Gerty Goat says:  
**Worry Less;  
Dance More!**



Colin Cow says:  
**Take Less;  
Give More!**



Patty Penguin says:  
**Consume Less;  
Create More.**



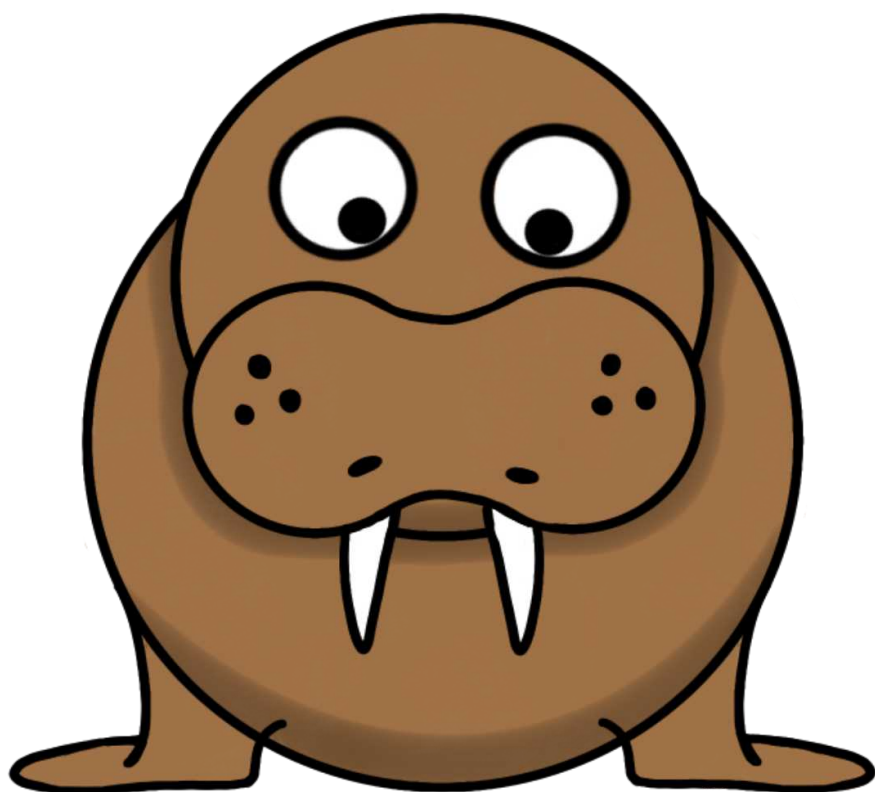
Morris Moose says:

**Frown less;**

**Smile more!**



Zenna Zebra says:  
**Talk Less;  
Listen more!**

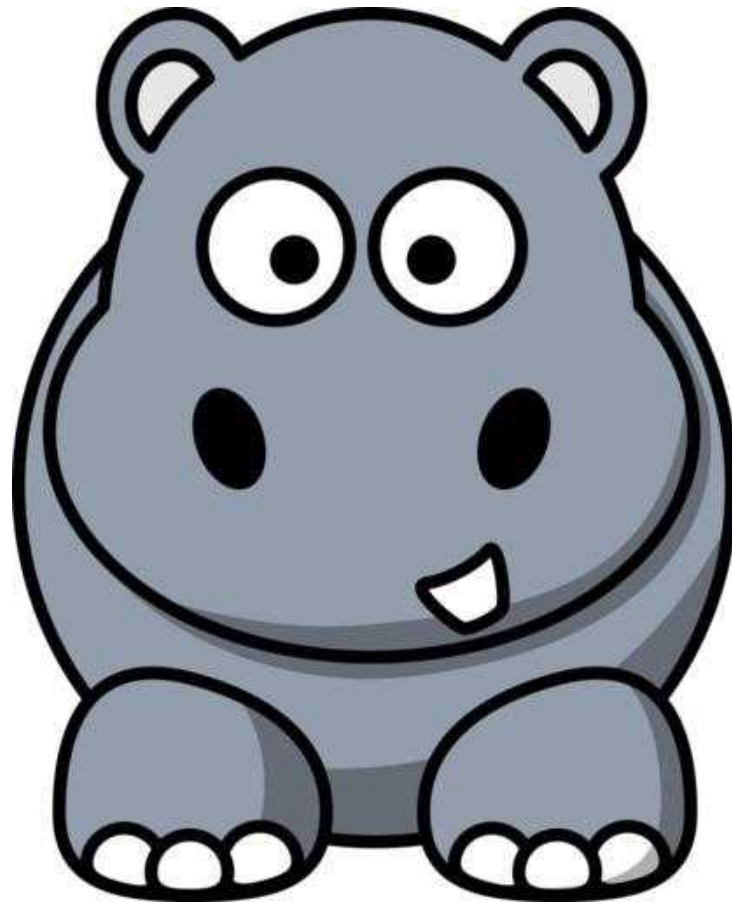


Wally Walrus says:

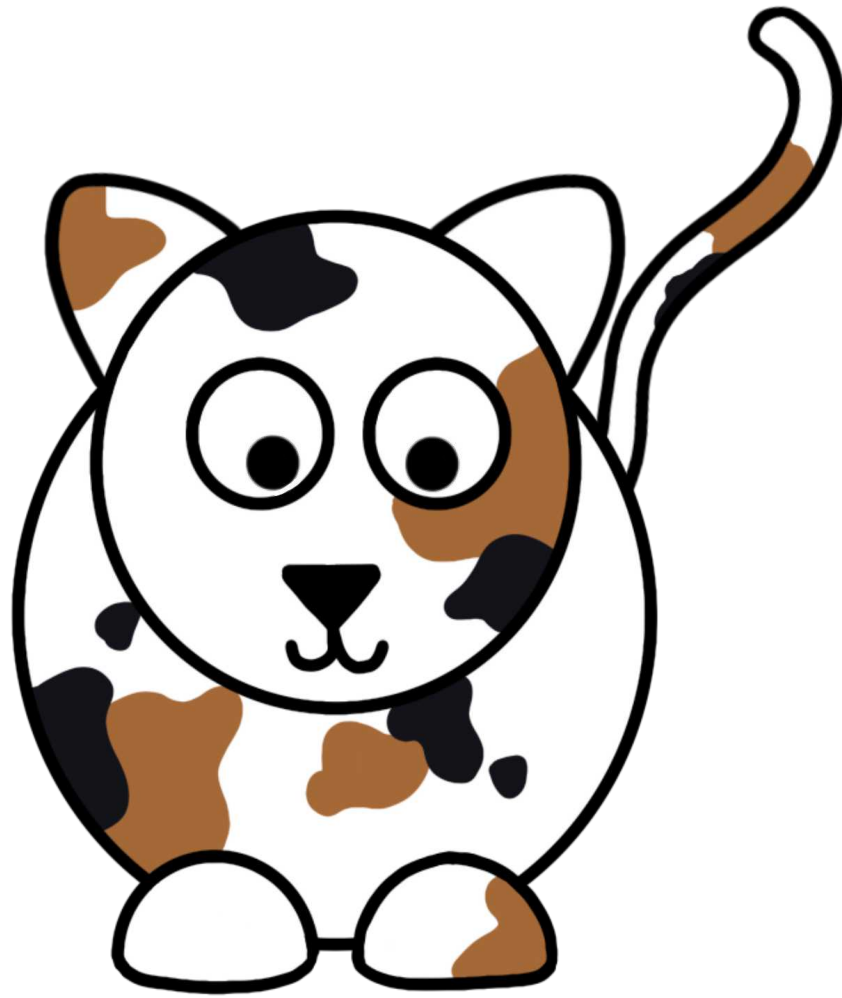
**Fear Less;**

**Try More!**

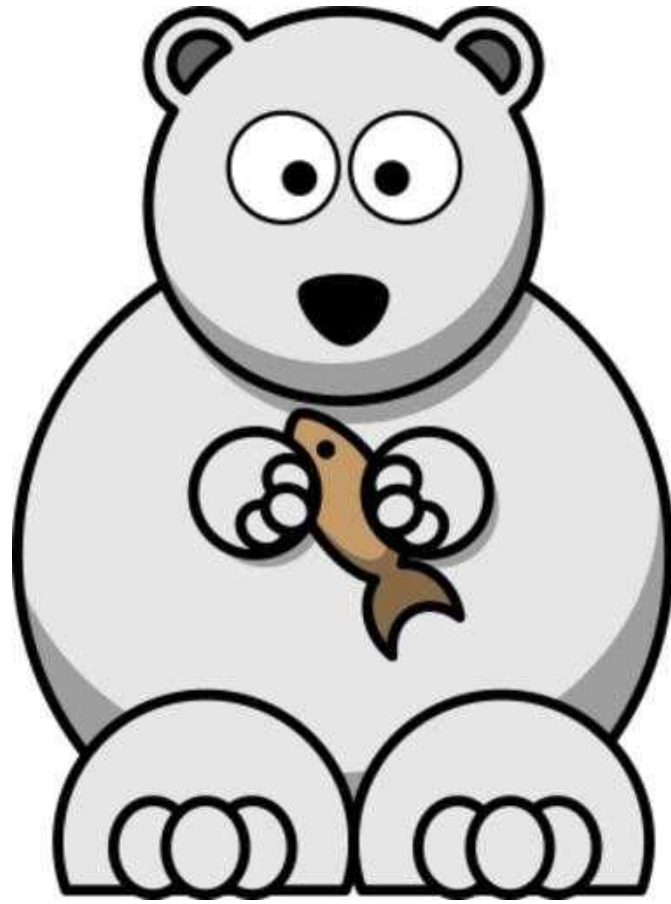




Harry Hippo says:  
**Judge Less;  
Accept more!**



Carly Cat says:  
**Watch less;  
Do more!**



Baba Bear says:

**Complain less;  
Appreciate more!**  
Not everyone has fish.



And Peter Panda says:

**Always**

**be Nice!**

## Words in this book

less	more
says	and
worry	dance
take	give
consume	create
frown	smile
talk	listen
fear	try
judge	accept
watch	do
complain	appreciate
always	be
nice	

## SHARING AND CARING ACTIVITIES

Ask children to come up with ideas for each page on how they can follow through with the concepts suggested, and why it makes a difference:

Worry less; Dance more!

Take less; Give more!

Consume less; Create more!

Frown less, Smile more!

Talk less; Listen more!

Fear less; Try more!

Judge less; Accept more!

Watch less; Do more!

Complain less; Appreciate more!

Always be nice.

**Appreciate more:** Talk about what it means to appreciate, and have children write a list of all the things they appreciate in life.

**Consume Less:** Discuss sustainability and reduce, reuse, recycle concepts, ask the children to write down ideas to reduce waste, have a green day where children don't produce any waste.

**Give more:** Research some child welfare charities and discuss ideas of how to contribute, for example a fund raising day or project at school.



**Give  
More!**

SHARING AND CARING ACTIVITIES  
from Book 1 – ALWAYS BE NICE

Ask children to come up with ideas for each page on how they can follow through with the actions:

Always be nice.  
Be kind to others.  
Don't let others feel left out.  
Think about others feelings.  
Don't be mean,  
Use kind words.  
Help out when you can.  
Sharing is Caring  
Always say "Please".  
Don't forget "Thank-you".

Have a star chart and give children stars whenever another child or sibling notices their caring and sharing behaviour.

Ask children to think about how their behaviour makes others feel when they don't follow these rules.

Ask children if they can think of a time when they didn't follow these rules. How could they change their behaviour to make the situation better.



**Always  
be nice!**

## SHARING AND CARING ACTIVITIES

### - from Book 5 ALWAYS BE GOOD

Ask children to come up with ideas for each page on how they can follow through with the actions:

Always be good.  
Listen to Mum and Dad.  
Keep your room tidy.  
Always brush your teeth.  
Try your best at school.  
Always do your homework.  
Always do your chores.  
Eat up all your vegetables.  
Look after your things.  
Don't forget your manners!

Have a star chart and give children stars whenever another child or sibling notices their caring and sharing behaviour.

Ask children to think about how their behaviour makes others feel when they don't follow these rules.

Ask children if they can think of a time when they didn't follow these rules. How could they change their behaviour to make the situation better.



**Always  
be good!**



Other books in the BE NICE series available at  
<http://www.freekidsbooks.org>

Books in the BE NICE Series are all available as CC-BY-NC, you can use them in your school or home for lessons any way you like, and they are in flip book, editable (odg), and pdf versions on our website, here:

### FKB Be Nice Series



Or see all the following sections at FKB:

FKB Values Section  
FKB Differences and Diversity Section  
FKB Emotions Section  
FKB Behaviour Section

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Hello Seal - Will You Play With Me?

What is Christmas?



3, 4, and 5 Letter Word Stories



Under the Sea - Learn Sight Words



All Seasons - Rhyming early reader

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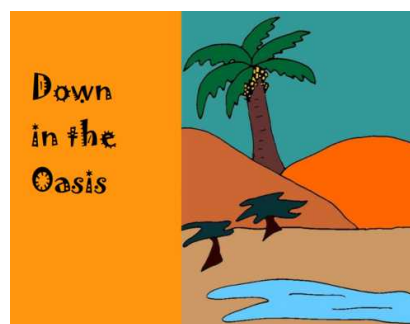
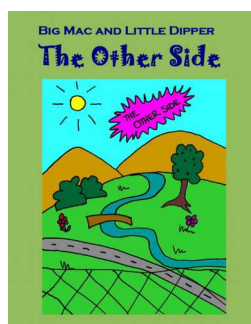
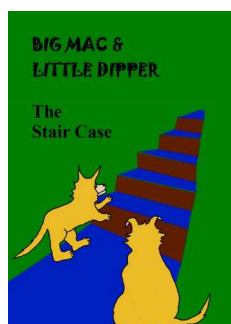
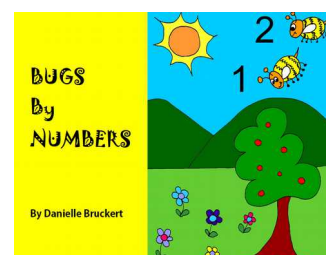
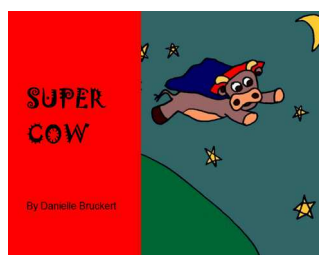
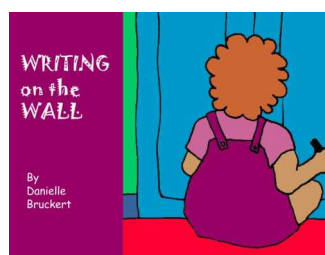
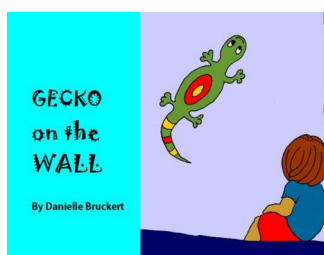
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