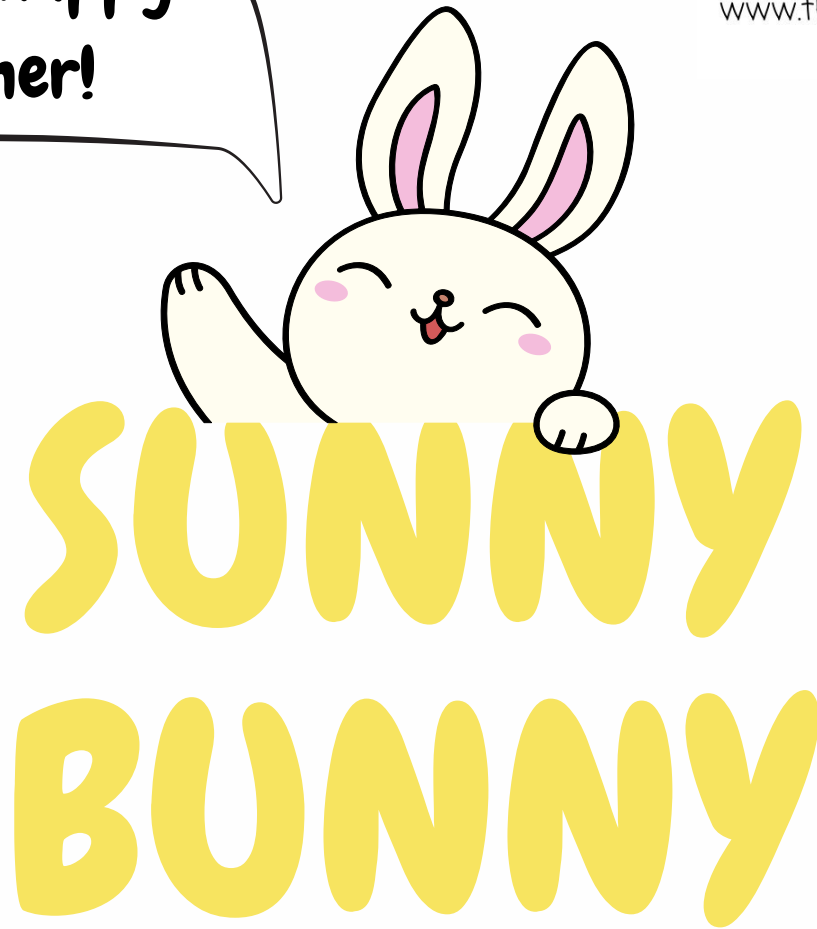


Let's be happy together!



Spend time with Sunny Bunny thinking about what makes you feel happy!

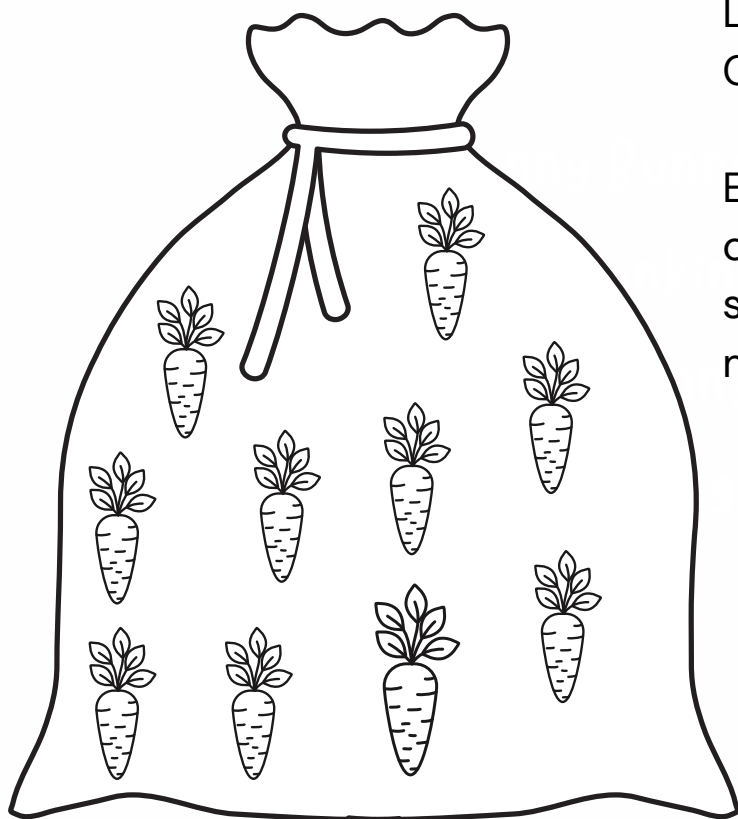
This Activity Pack has been developed by Children's Coach and author Jo Bivens for Get Suffolk Reading and funded by the Suffolk Holiday Activity and Food Programme which has been funded by the Department of Education.

Get Suffolk Reading inspires families across the county to read together, and helps parents support their children's literacy skills.

The activities in the Sunny Bunny Programme encourage children to explore what makes them feel happy and how they can spread happiness. There are opportunities to read aloud, write, discuss and use their imaginations to be creative. Spot the carrots for extra challenges!

Our aim is that children have a happy time exploring the theme of happiness, and to encourage them to focus on happiness in their daily life.

CARROT CHALLENGE



Look out for the Carrot Challenges!

Every time you complete one, colour in a carrot in Sunny Bunny's sack. Collect all ten and help to make him an extra happy bunny!

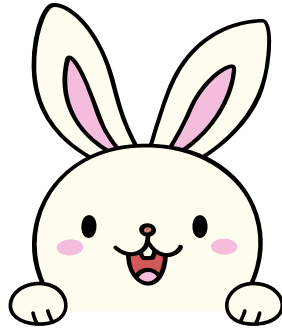


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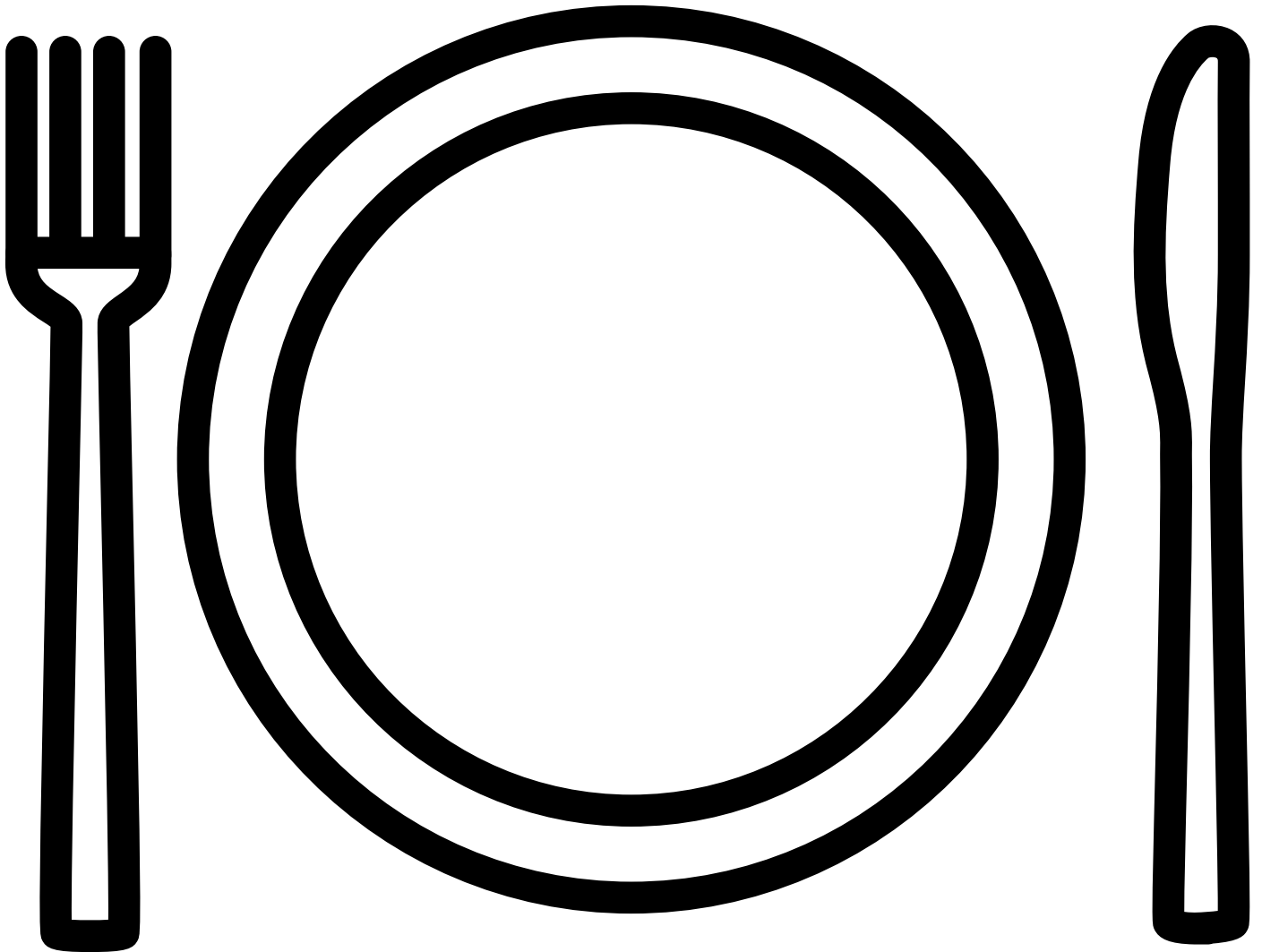
HAPPY FOOD



I love carrots, pizza
and watermelon!

What food do you enjoy the most?

Draw on the plate everything that you love to eat!



Eating healthy foods can make us feel
happy. Can you name 5 healthy foods?



HAPPY PLACE



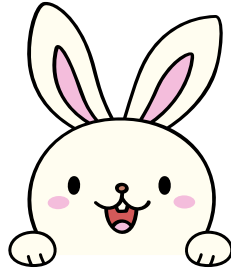
I love to go to the forest
and play in the trees.

Where is your favourite place to visit?
Draw your happy place.

Ask those around you where their happy place is!

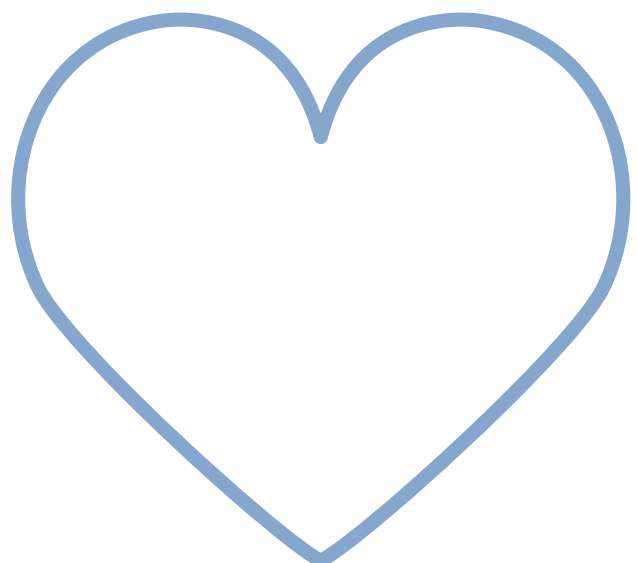
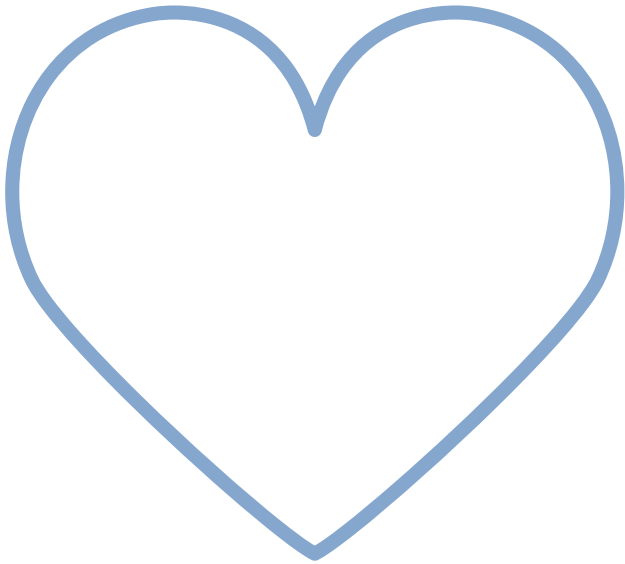


HAPPY HOBBIES



In my spare time I like to draw, do jigsaws and go swimming.

What do you do in the evenings and weekends that make you feel happy?



Can you do any of these hobbies now?

HAPPY HOLIDAY



I love going to the beach for my holidays, I love the feeling of sand in between my paws.

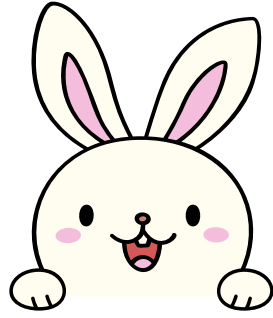
If you could go anywhere on holiday where would you like to go? It could be a real or imaginary place!

A large rectangular area defined by a dotted yellow border, intended for writing an answer to the question above.



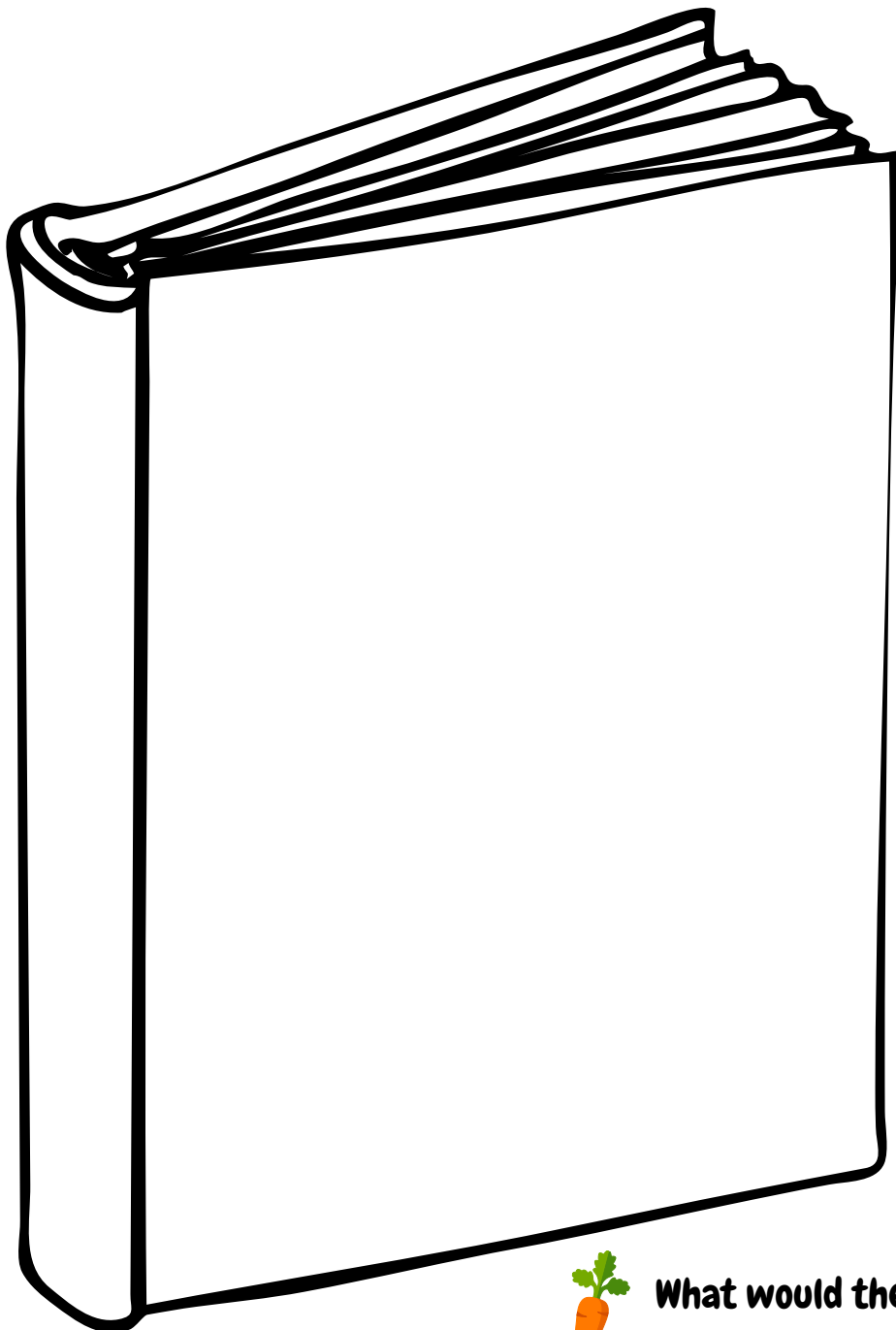
If you were stranded on a desert island and could only have three items with you what would you choose and why?

HAPPY BOOK



I love to read, do you?
What's the title of your
favourite book?

Imagine that you could have a book about anything you wanted! What would it be about? Choose its title and design the cover.



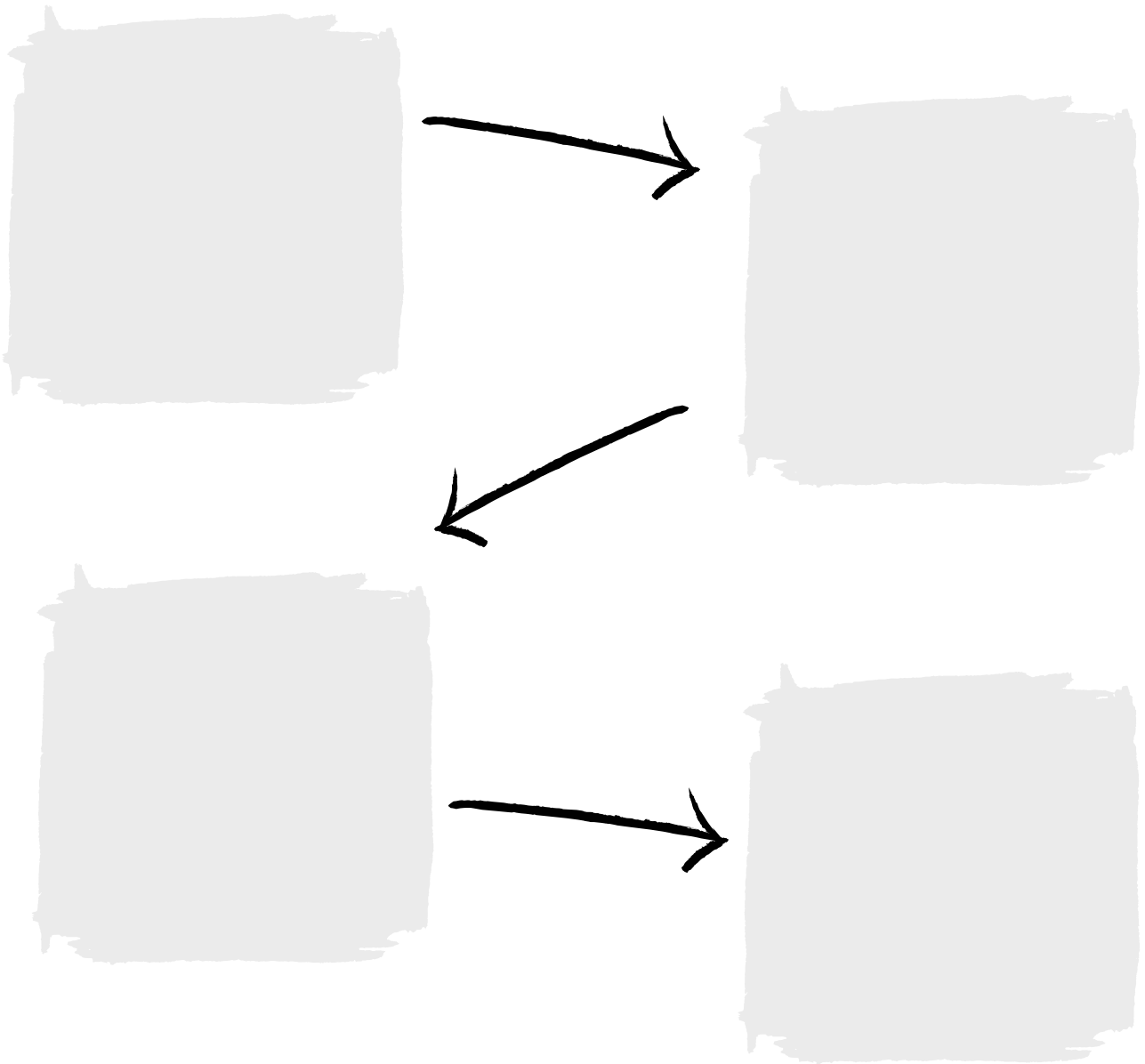
What would the first line of your
book be?

HAPPY SMILES



When I see someone smile
it makes me smile too.
It's magical!

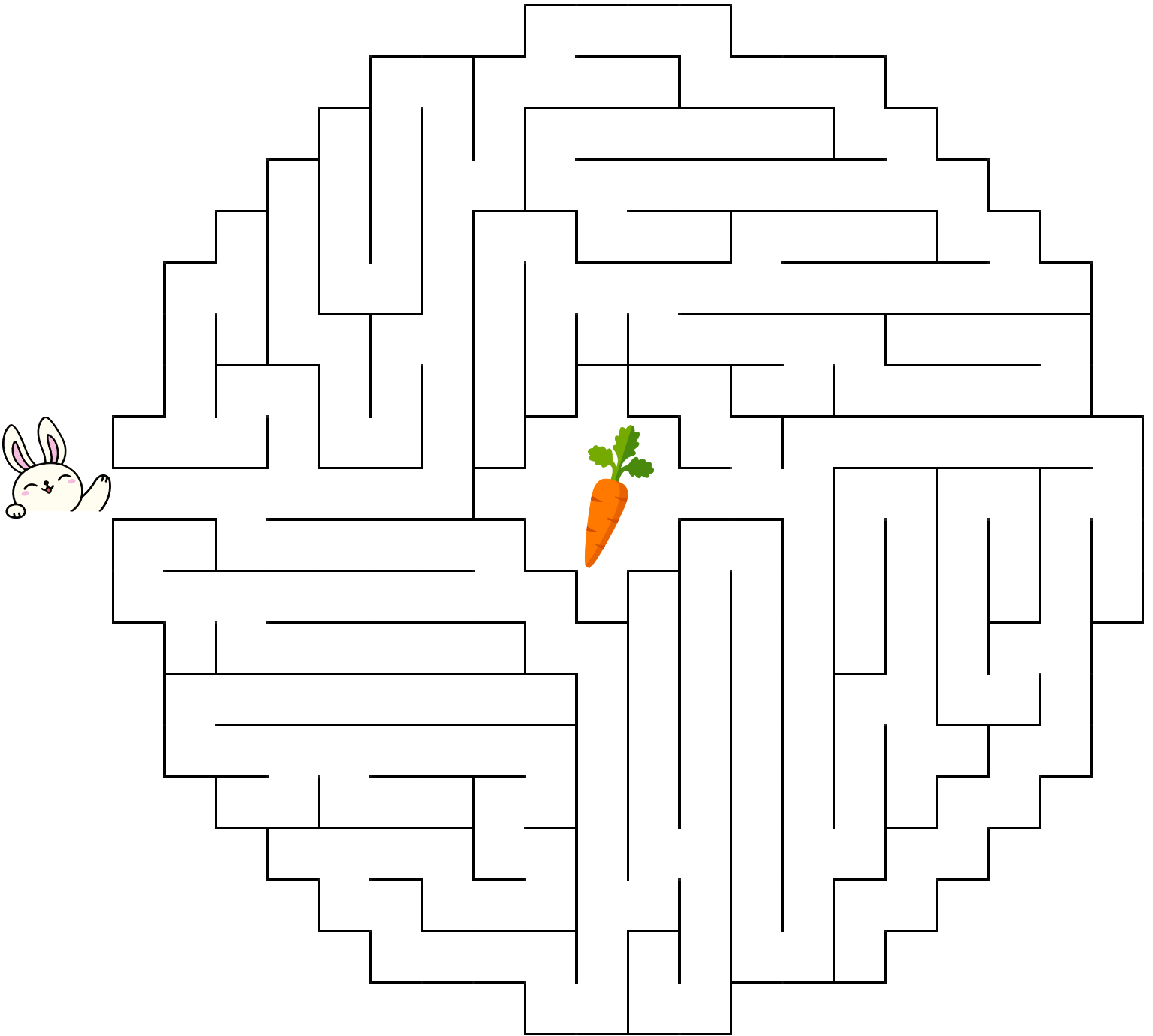
Draw a series of faces showing how a frown can turn into a smile.



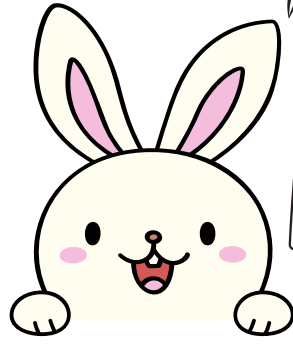
Jokes make us smile and laugh. What is your favourite joke?

HAPPY MAZE

Can you help Sunny Bunny reach the carrot?
That would make him very happy!



HAPPY SCHOOL



I like learning new things
at school!

What would the happiest school in the world be like? What rules would you make?

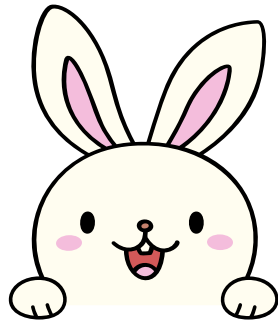
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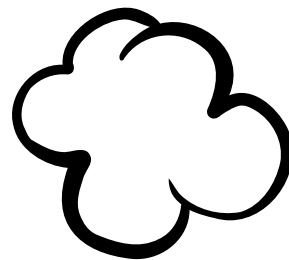
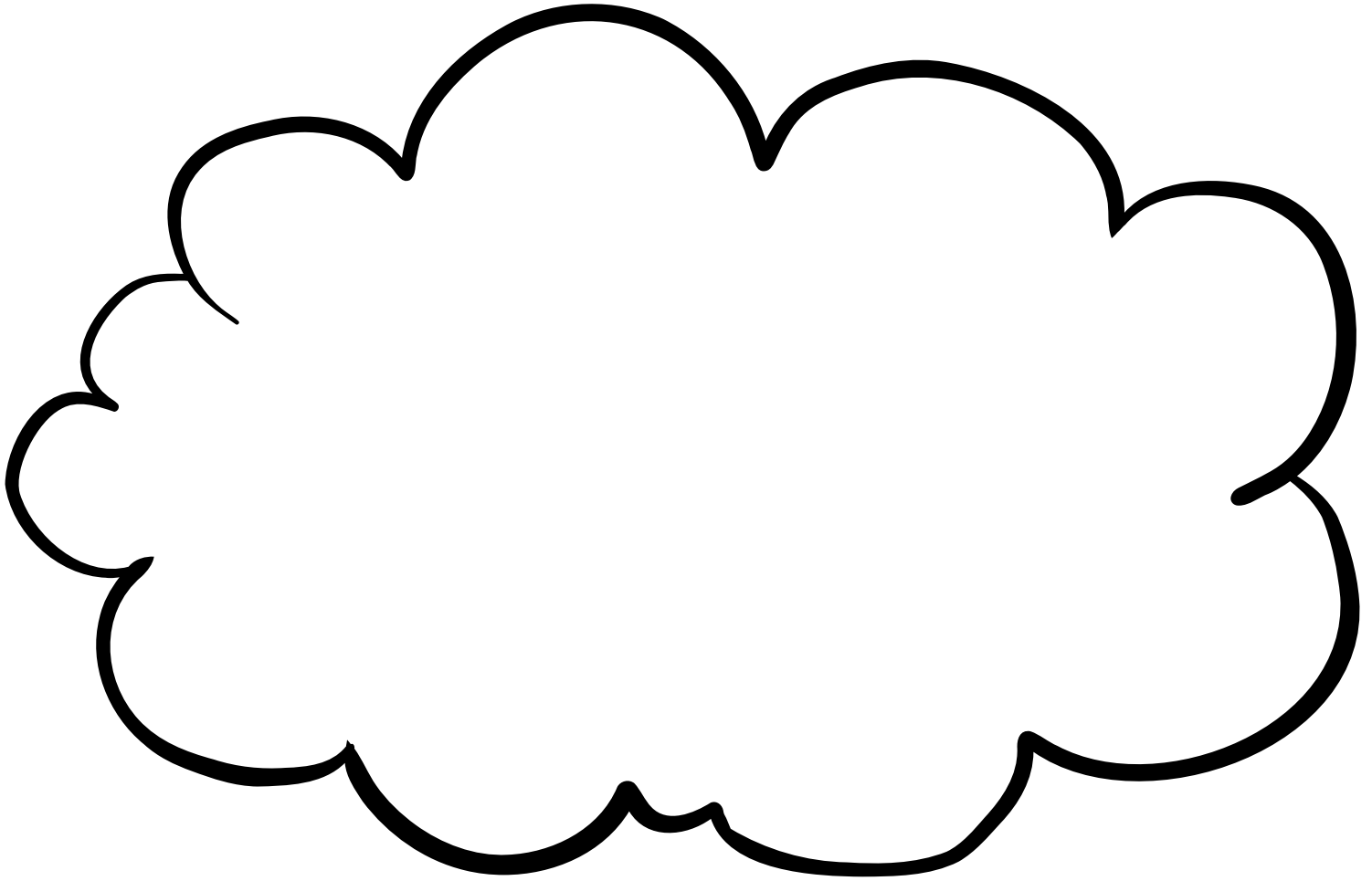
4

HAPPY JOB



I want to be a farmer!
I would be good at collecting
carrots.

What job would make you feel happy?



What skills do you need to do that job?

HAPPY HOMETOWN



I love that there is a play park near my house.

What makes you happy about where you live?

Design a poster to show people why they should visit.

HAPPY SONG



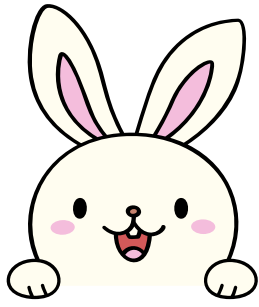
We could win a singing contest together!

Get together with a group of your friends and create a happy song or rap.



Have fun performing it!

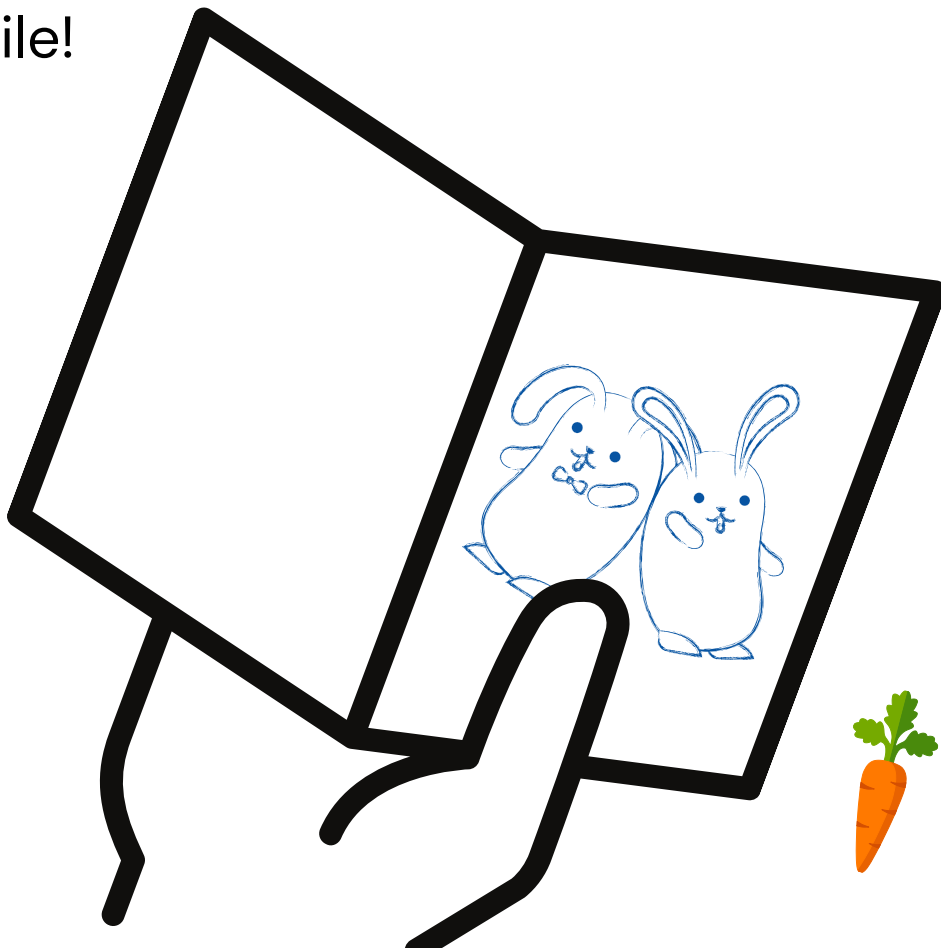
HAPPY PEOPLE



I love to spend time with my Mum,
my baby sister and friend Robbie.

Who makes you feel happy?

Make a card for one of the people who makes you happy. You could draw a picture on the front of both of you. Write a message inside why they make you smile!



Can you do
something to
make another
person happy?

HAPPY WORDSEARCH

Can you find these happy words?

bright
fun
joy
sunny
happy



friends
bunny
smiles
good
laughter

s g n d s g p z d k e b n f w
o l f x d e y r o q r u y r i
b w d h j m l x o i f a f i n
i u i c k e c i g s k m l e r
y v n w t b y h m y s u n n y
d t g n t c t a n s x e u d m
z g u r y j d p l f g j n s l
m r u b m w d p o d q w j a e
f s t k r g u y g n d r u a z
w k g h q p e t g o r g e r e
p y v z m n v n x s h g u z s
y o s e q r p k v t z i b p a
i k k l y o j q e j n g e t c
e g j q c l x r o m c u r d d
a a k z j n k z j h c l i p b

TOP TIPS

What are your top 3 tips to help people feel happy?



**I've really enjoyed thinking about happiness with you!
You have helped me to feel really happy! Thank you filling
up my bag of carrots! Keep on doing things that help
yourself and others feel happy and bright.
Love and smiles and happy times ahead, Sunny Bunny XX**

