



## **Everybody Feels....HAPPY!**

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## NOVEL STUDY GUIDE

### Everybody Feels...HAPPY! By Moira Butterfield

#### SUMMARY

The book is split into two stories about a boy and a girl who are happy. Ethan feels happy because he is going on holiday with his family and Sophie feels happy when she is with her friends. The book talks about the different reasons that people feel happy and the way that happiness feels inside.

#### CHARACTER REVIEW

Ethan

Sophie

#### *SEL THEMES IN THE BOOK*

- Feelings
- Friendship

## STUDY QUESTIONS

### PAGES 4 AND 5

- Read each explanation and ask the children if it relates to them. If the staff are aware of something that does relate but the child is unable to verbalise for themselves then the staff can help – ‘Jaxon, you have something exciting happening don’t you? You are going to Disneyland soon! You look very happy about it. You have a beautiful big smile and your eyes are sparkling!’ Draw the children’s attention to the face of the child that you are talking about.
- Read the description on page 5 and demonstrate a happy face. **I am feeling happy, can you tell by my face?** Ask the children to show you a happy face. You could also use small hand held mirrors and encourage the children to look closely at their changing expressions. .

### PAGES 6 AND 7

- **Excited is a feeling word that describes how we feel inside. When we feel excited we feel really happy about something.** Give an example of something that you are excited about and ask verbal children to do the same.
- **Look at Ethan’s face in these pictures, how does he feel?** He feels happy on the inside and we know this because he is smiling. Play some cheerful music and encourage the children to dance around like Ethan.

### PAGES 8 AND 9

- **Ethan and his family look really happy in the ice cream parlour, does ice cream make any of you feel happy?** Elicit responses and ask the children which flavour is their favourite – ensuring to model the sentence structure ‘I feel happy when I eat.....ice cream.’. Draw the children’s attention to children who are smiling when discussing this – ‘chocolate is my favourite too Annabelle. I can see that chocolate ice cream makes you feel happy because you had a big smile on your face while you were talking about it’.
- **How does Ethan feel on the beach and in the sea with his dad?** Happy. Ask the children to name things that made them feel happy.

### PAGES 10 AND 11

- **Ethan took photos of all of the things that made him feel happy and kept them in a special book called a scrapbook.** This would be a good opportunity to share some personal photographs of times that you felt happy with the children. The children need to see that you feel a range of emotions too.

### PAGES 12 AND 13

- **Look at Sophie and Chloe’s faces, how do you think they feel?** Happy.
- **It was really kind of Sophie to make a bracelet for Chloe. Can anyone remember what good friends do?** Refer to the story and poster. Good friends play, help and share.

## **PAGES 14 AND 15**

- **How did Omar feel when Sophie gave him a cake?** Happy.
- **How did Ethan feel when Sophie gave him a comic?** Happy. When we do kind things for our friends we can give them comfortable feelings.

## **PAGES 16 AND 17**

- **Sophie's friends remembered the kind things that she did for them and they gave her something in return, how did Sophie feel when she was given the bracelet, pastry and shell?** Happy.
- **How can we tell that she felt happy?** She is smiling.

## **PAGES 18 AND 19**

- **Through Ethan and Sophie's stories we have learnt that spending time with family and being kind to our friends can make us feel happy.**

## **PAGES 20 AND 21**

- These pages are useful for recaps before completing activities related to the story.

## **PAGES 22 AND 23**

- These definition pages are useful for older children.

## **PAGE 24**

- **This page is full of fantastic activity ideas from the story.**

## **ACTIVITIES**

- Paint pictures of things that make the children feel happy
- Collect shells and create a wind chime
- Draw happy faces/ use the facial features from the feelings lessons in the manual to create a happy face
- Home activity – ask children to bring something in that makes them feel happy (for example a blanket that they sleep with, a teddy bear, etc.)