Happy as a Lamb

Are you feeling as HAPPY as a LAMB or as GRUMPY as a GOAT? Jump around the room pretending you are a spring lamb!

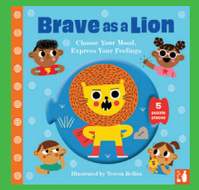
A positive and playful way for young children to recognise and express their feelings, with practical ideas to lift their mood or offer reassurance. Fitting the puzzle pieces together is calming, fun and can create new conversations.

Emotional Development

Talking and Listening

Fine Motor Skills

Also available



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5 puzzle pieces

Happy as a Lamb

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Happy as a Lamb

Choose Your Mood, Express Your Feelings

5 puzzle pieces

Illustrated by Teresa Bellón

I am as...

Happy
as a lamb

Grumpy
as a goat

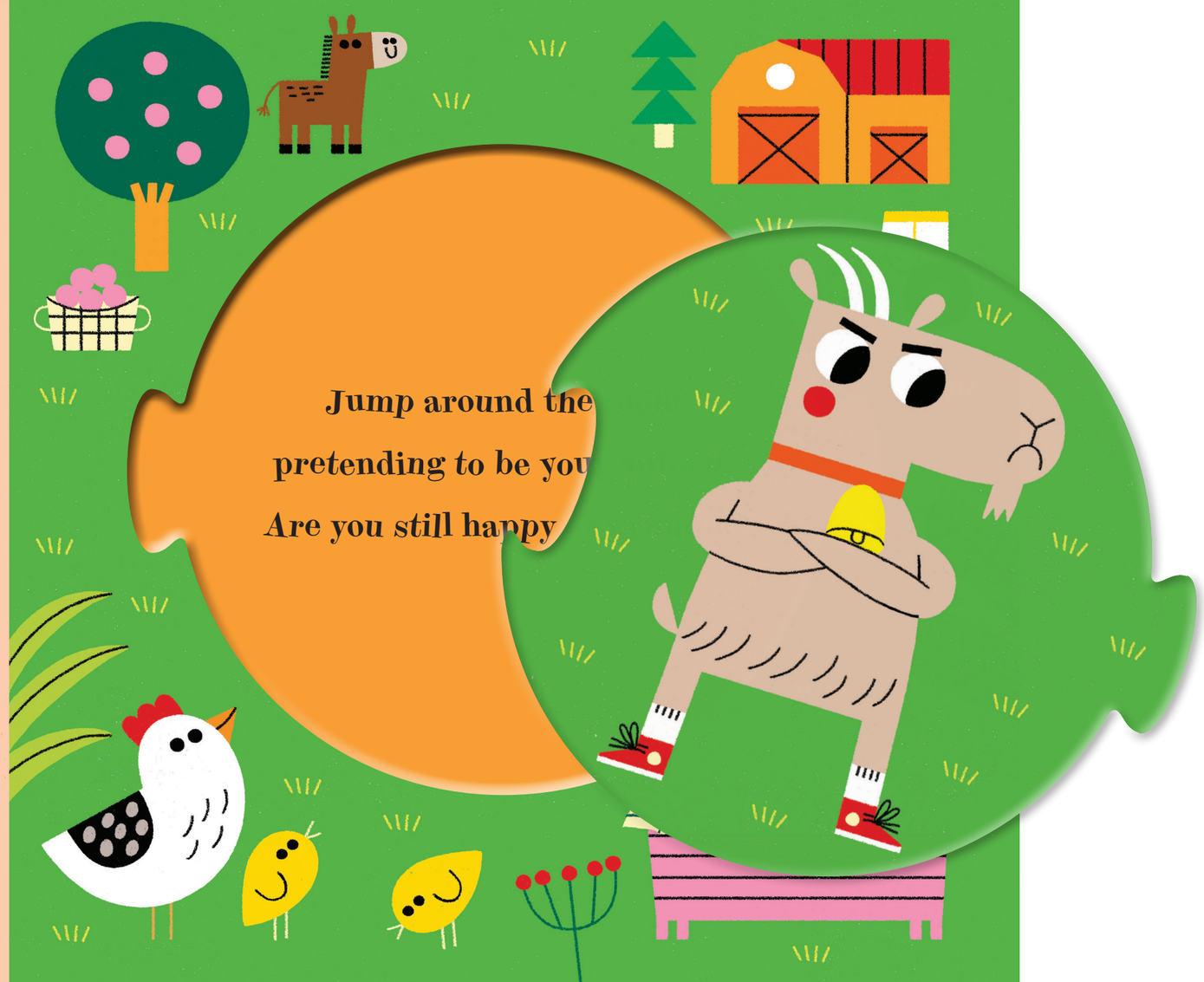
You choose...

I am as...

Happy
as a lamb

Grumpy
as a goat

You choose...



I am as...

Safe as
a bear cub

Scared
as a cat

You choose...

I am as...

Safe as
a bear cub

Scared
as a cat

You choose...

When you fee
tell someone wh
feel as safe as