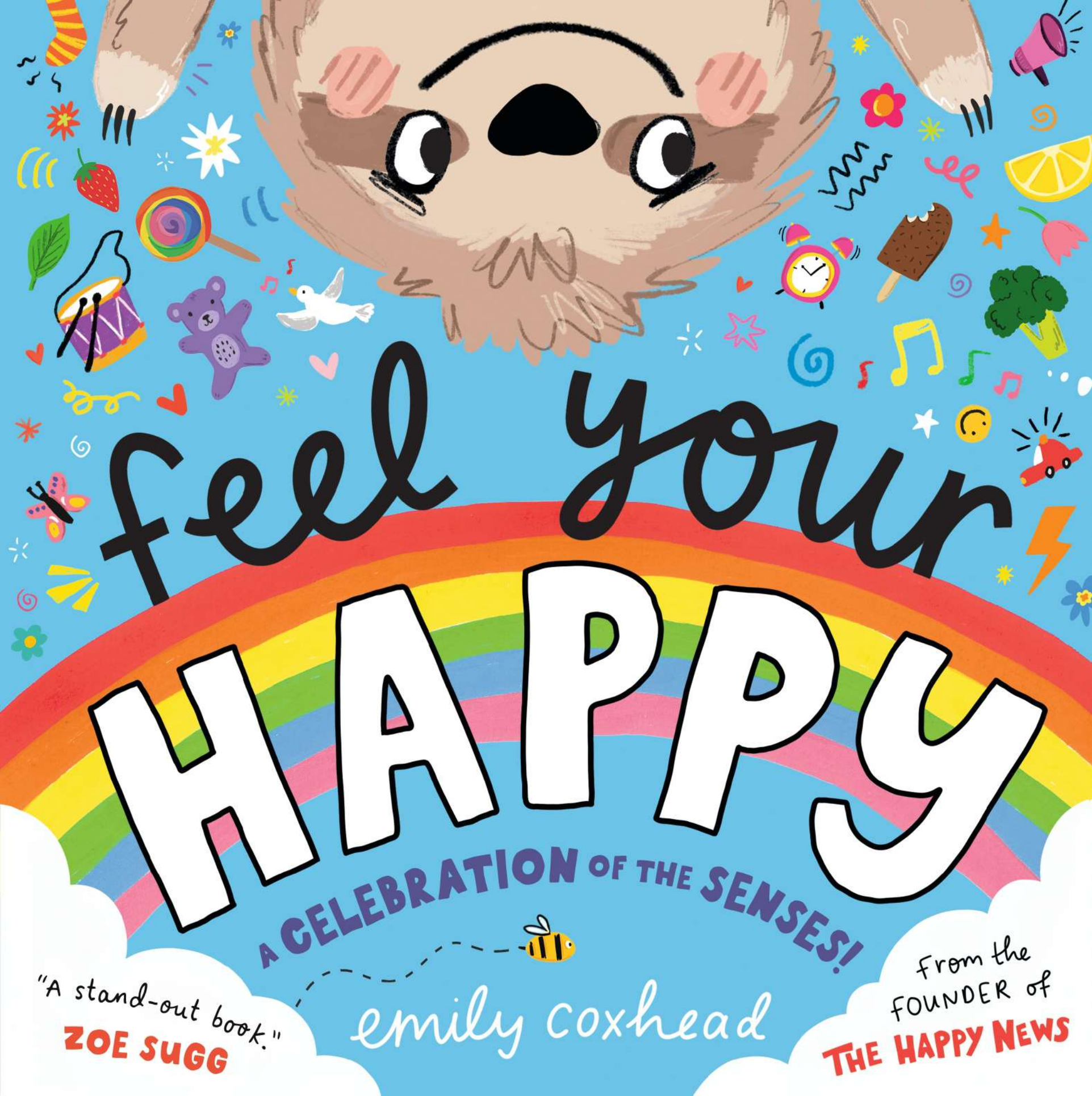
feel your
HAPPY
A CELEBRATION OF THE SENSES!
emily coxhead
"A stand-out book."
ZOE SUGG
From the FOUNDER of
THE HAPPY NEWS

Every day there are new things to explore.
All around me there is lots to SEE, HEAR, SMELL, TOUCH and TASTE.

I love SEEING
colourful rainbows,

SMELLING
pretty flowers,

FEELING something
soooo soft and fluffy

and TASTING
delicious food.

HEARING
fun sounds,

But there are also
things I don't like.

Sometimes I feel overwhelmed –
like everything is TOO MUCH.
When I feel this way,
there are things I can do
to brighten my day.
Let me show you how to
FEEL
YOUR
HAPPY
mmm...
ooooh
aahhh
hmmm