



A CELEBRATION OF THE SENSES!

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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,



HEARING
fun sounds,



and TASTING
delicious food.



FEELING something
soooo soft and fluffy



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