

All About Happy Scribble

Untangling big emotions – one scribble at a time



Channon Gray





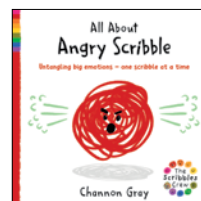
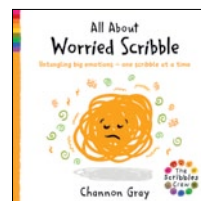
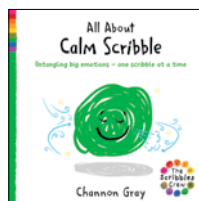
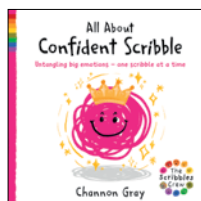
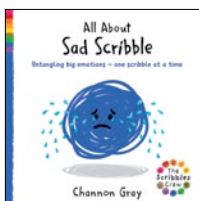
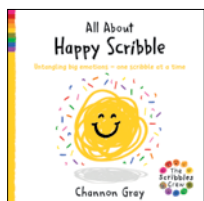
Come and join the Scribbles Crew!



Get to know **Happy Scribble** – find out how
it can make you feel and discover top tips
for the times when you need a little happiness!

The Scribbles Crew supports children's emotional literacy by
helping them identify, understand and talk about their big feelings.
Each book is packed with simple, practical steps and activities to
build self-awareness, empathy and resilience, and develop
self-regulation and social-emotional skills.

Collect all of the Scribbles Crew books!



award

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I feel...



happy



calm



sad



angry



worried



confident



scared



surprised



disgusted



unsure



excited



embarrassed



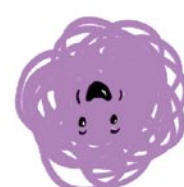
panicked



focused



disappointed



silly



friendly



jealous



bored



muddled



tired



unwell



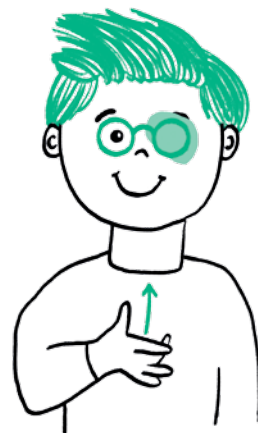
hungry



hot or cold

How do I say
“I feel happy” in Makaton?

I feel



Take one hand with your thumb and middle finger pointing to your face and lift your hand up and say, “I feel”.

happy.



With a happy look on your face, cup your hands with your palms together and make two gentle swoops and say, “happy”.

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All About Happy Scribble

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Channon Gray



award

Happiness means a
smile sits beaming
on your face.

It feels golden, like
the sun, brightening
every place.

Feeling happy is fun and everything's just right.

It feels relaxing, comfortable and full of delight.

Ahh! I am
Calm Scribble.

Wahool! I am
Happy Scribble.



Happiness grows
when we play with our
friends or family.



Just being together can fill us with such glee.





At times, it can
feel like a star,
brightly glowing.

At others,

like friends cheering us on and keeping us going.



Yippee! I am
Excited Scribble.

Yo! I am
Friendly Scribble.

Whee! I am
Silly Scribble.

Being happy feels and looks different for everyone.

It might make
you want to

laugh,



giggle,



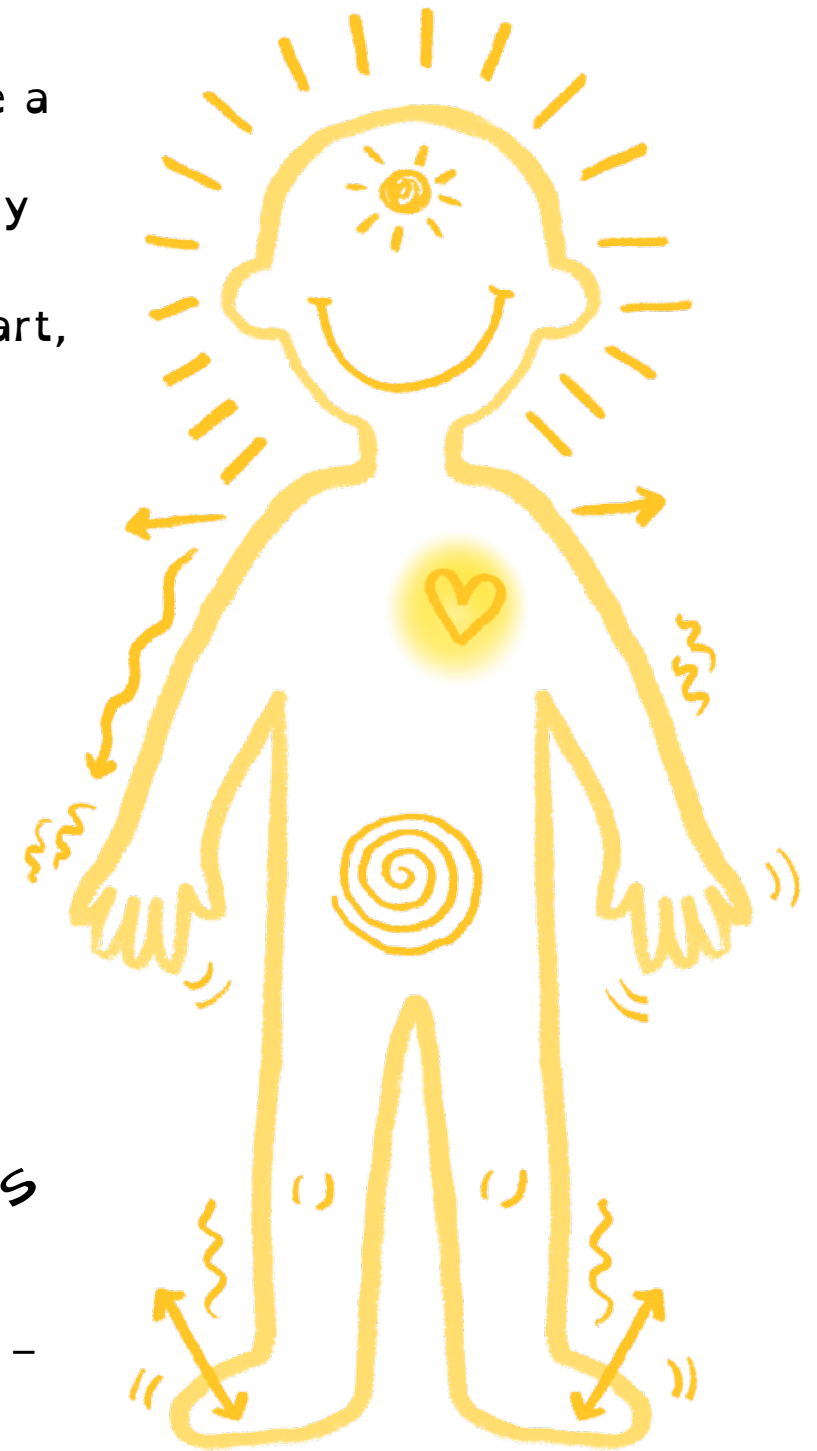
cheer
and
have fun.



Happiness can feel like a
tickle in your belly
or a **glow** in your heart,



like a smile that
s t r e t c h e s
so wide, or a burst of joy –
that is the best part!



Did you know that
a smile can be
catching?

Aww! I am
Kindness Scribble.

Sob, sob! I am
Sad Scribble.

Smile at someone blue and
your faces end up matching!

Feeling happy inside
can help others and
spread kindness.

When we are happy,
we glow with positivity
and brightness.

