All About Happy Scribble

Untangling big emotions – one scribble at a time



The Scribbles Crew

Channon Gray



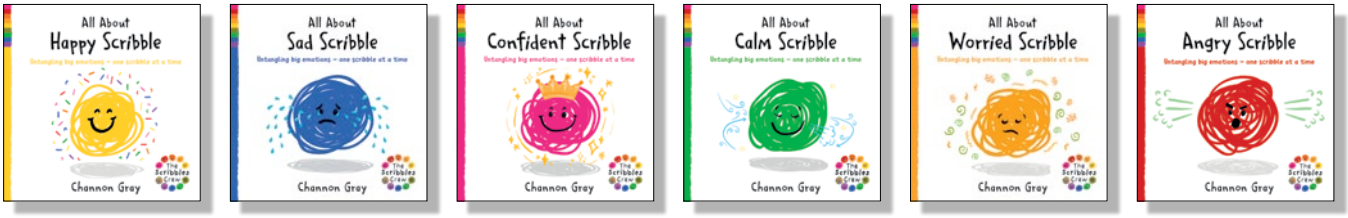
Come and join the Scribbles Crew!



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!



The Scribbles Crew

The Exciting Teacher

Scan the QR code for more great Scribbles Crew activities, sing-along songs and teaching resources specially created by The Exciting Teacher.

www.thescribblescrew.com

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ISBN 978-1-78270-690-8

9 781782 706908

£6.99

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”.

ISBN 978-1-78270-690-8

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First published 2026

Published by Award Publications limited
The Old Riding School, Welbeck, Worksop, S80 3LR

awardpublications @award.books
www.awardpublications.co.uk

25-1206 1

Printed in China

All About Happy Scribble

Written and illustrated by
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.

Wahoo! I am Happy Scribble.



Happiness grows
when we play with our
friends or family.

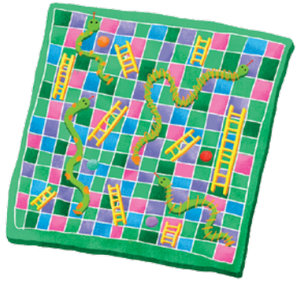


Just being together can fill us with such glee.

What
makes you feel
happy?





















At others,

like friends cheering us on and keeping us going.



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,

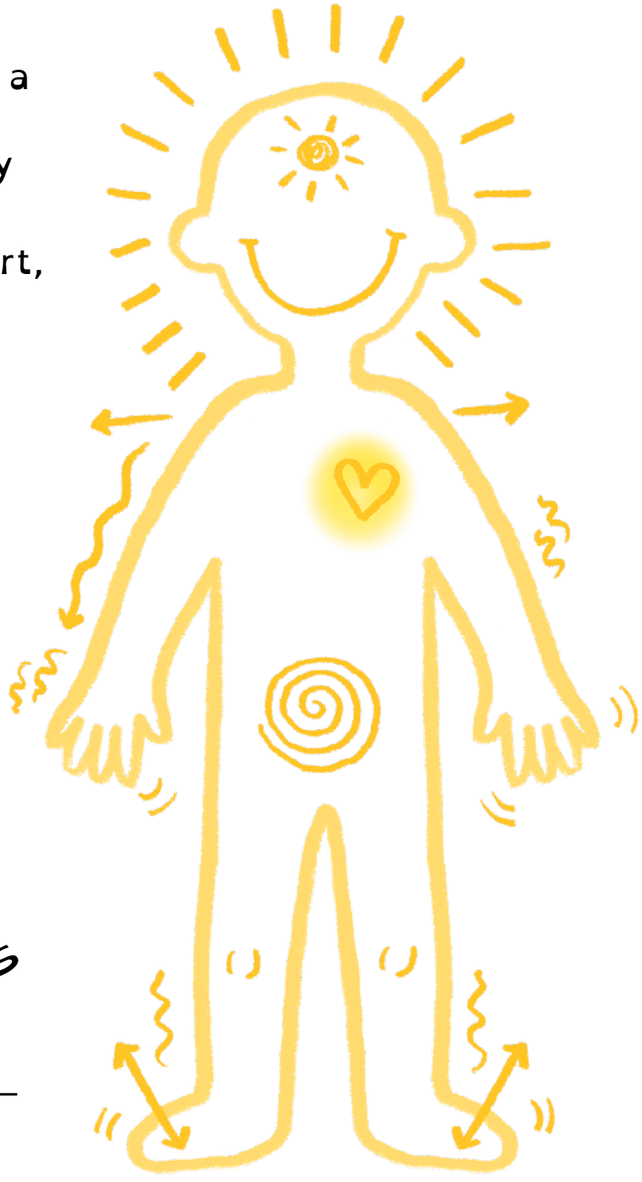


like a smile that

stretches

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.