



- What does the author mean with the phrase “I feel the sun dancing on my cheeks”?
- The first time you are looking through this book, try asking your child to narrate each page of the story by looking at the pictures and asking “Why is she / he happy?”

FEELINGS ACTIVITIES

1. Discuss the important relationships your child has with friends and family, and how it feels when they spend time together.
2. Ask your child to draw something that “fills your heart with happiness” or “makes you smile”. Here are some questions for inspiration:
 - What colours make you smile?
 - What music fills your heart with happiness?
 - What games or toys bring you joy?
 - What foods or smells make you happy?
3. **Compare and Contrast:** Fill in the blanks to make different sentences as many times as you can.

“My heart fills with happiness when, _____
but it doesn’t fill with happiness when _____.”

4. Watch this **clip** together and act it out.

WONDEROUS WORDS

- happiness** *My puppy and my baby sister fill my heart with happiness.*
- barefoot** *It was fun to take off my shoes and socks and run barefoot in the puddle.*
- bannock** *I feel happy when my grandma lets me put peanut butter and jam on my bannock.*
- heart** *I can feel my heart beating when I dance fast.*
- cheeks** *My cheeks are a little bit pink when I come in from outside after having a fun chilly day.*