Let's Get Happy

By Michelle Wanasundera
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“But I don’t want to go to a party with your friends from work. It will be B.O.R.I.N.G!” said Skye.

“Skye, I want you to be there. Other kids will be there, too!” said Mum.

Skye did not like having to go to grown-up parties.

She was feeling really grumpy.
Mum was right. There were some other kids at the party, but no one was talking to each other.

I don’t know anyone, Skye thought. She always felt a bit shy around new people. At least there is yummy food, she thought.
I wish I could just go home, thought Skye, when...

“Kids, this way!” called an older boy.

“Go!” said Mum. “You might have fun.”

Skye walked slowly towards the older boy.
"You don’t want to be here, right?"
The kids nodded.

“Well, I promise you’ll change your mind. Let’s get happy! Follow after me.”

The older boy smiled. Some of the children smiled, too.

“If you want to get happy, smile again.
SMILE AGAIN!”

The children understood the game now. They could copy the older boy and start to have fun.

The older boy encouraged the children to join in.

“If you want to get happy, smile.”
“You don’t know each other, right?
If you want to know each other, shake hands.
SHAKE, SHAKE!

If you want to know each other, shake hands again.
SHAKE, SHAKE!
You are doing great.”
“I bet you don’t know each other’s names? Let’s make friends. Say your name. SAY YOUR NAME!”

Let’s make friends. Say your name again. SAY YOUR NAME!”
“Okay, we’ve all met. Let’s include some actions and let’s get happy!
When I’m with friends, I jump about.
JUMP ABOUT!

When I’m with friends, I run around.
RUN AROUND!”
“And finally, when I’m with friends, I love to play.

TIME TO PLAY!”

The older boy waved towards the garden and the children ran off to play.

*I can’t believe how much happier I feel after smiling, shaking, making friends, jumping, and running!* thought Skye.
“Skye, it’s time to go!” called Mum.
Now Skye didn’t want to leave. All that jumping and running had made her change from sad to happy.

Skye waved to the other children. Some of her new friends waved back. Some were still having fun!
Remember, if you’re feeling unhappy, or just want to feel super happy, read Skye’s story again. Can you copy the older boy and get happy?
You can use these questions to talk about this book with your family, friends and teachers.

What did you learn from this book?

Describe this book in one word. Funny? Scary? Colourful? Interesting?

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