

# Happy and Sad



Age  
Umri  
3+



“Akili, when you smile and laugh,  
how do you feel?” asked Little Lion.





“Happy!” said Akili.

“What makes you happy?” asked Little Lion.

“I am happy when  
I skip and sing...



...do cartwheels...”

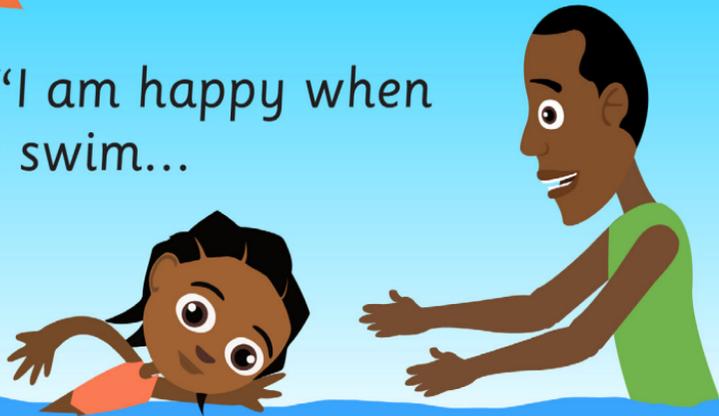


“...and sit on a swing.”





“I am happy when  
I swim...”



...and play in the sand,



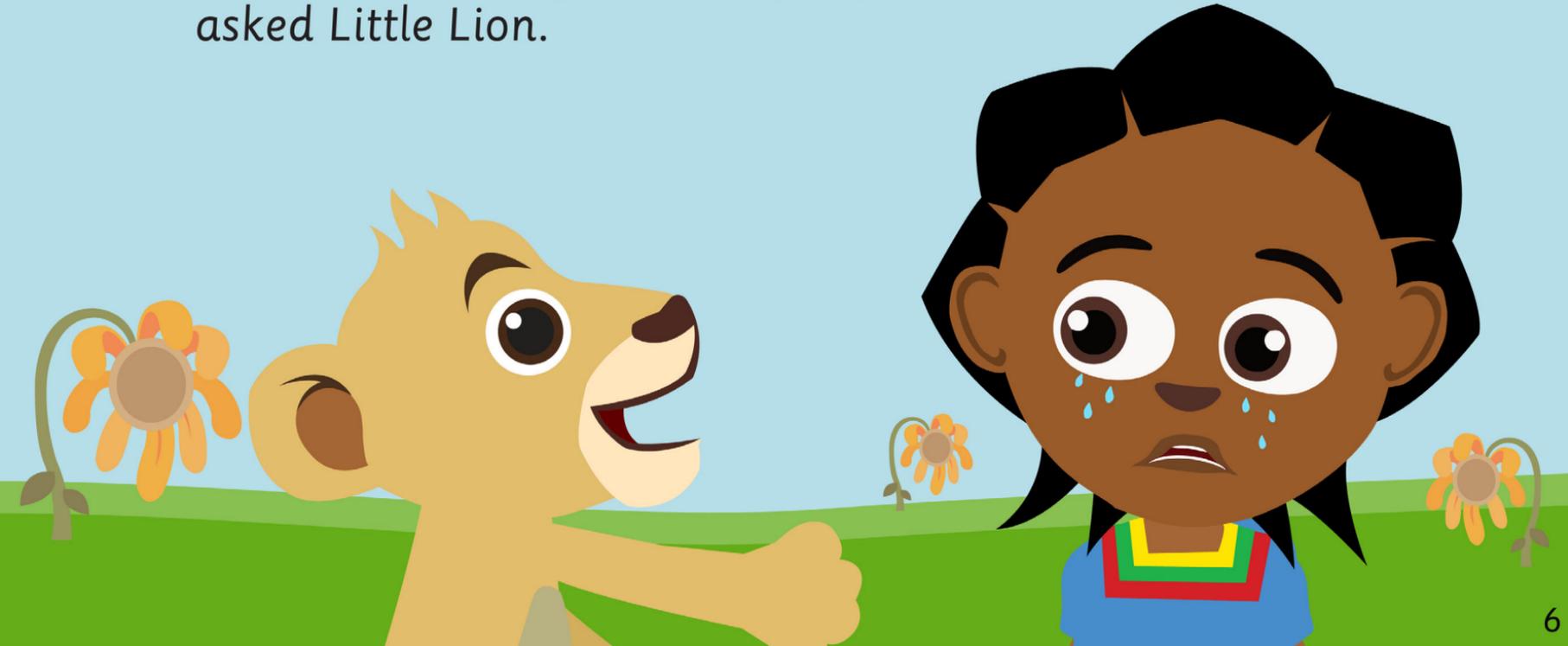
catch a crab...



...and do a headstand.”



“Hmm, but sometimes I see your smile has turned into a frown, and you are crying. You are not happy, how do you feel then?” asked Little Lion.



“Sad,” said Akili.

“What makes you sad?” asked Little Lion.





“I am sad when my mum is away  
and when my friends don’t want to play.”





“I am sad when I am sick  
and can’t go out and play.  
I don’t like missing the fun of the day.”



“So when you are sad,  
what do you do...



...to feel happy again?”  
asked Little Lion.

“I talk to my dad.  
He makes me feel less sad.”



“I ask my mum for a big hug...”



“...and then I play with my favourite ladybug.”



“But what if you are all alone -- no hugs or bugs?”  
asked Little Lion.



“I think happy thoughts like how much I love the sun and moon, my family and friends...”



“...eating ice cream  
and chapatis too.”



“And when my happy thoughts come out to play,”



“...they simply chase my sadness away.”



# THE END

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