

**“What Makes Me Happy?” National Child Day 2013**  
**Recommended Reading @ the Fort Saskatchewan / Strathcona County Library**

\*Due to ongoing renovations, some of these titles are in temporary storage, but copies are available from our partner library in Sherwood Park (Strathcona County Library). You can pick up and return these titles in Fort Saskatchewan; ask our friendly library staff for help.

**Books for Children (fiction)**

**Have You Filled A Bucket Today? A Guide to Daily Happiness for Kids** by Carol McCloud (2006). Through sweet, simple prose and vivid illustrations, this book encourages positive behavior as children see how very easy and rewarding it is to express kindness, appreciation, and love on a daily basis.

**The Happy Owls** by Celestino Piatti (2013). Why are these owls so happy? That's just what the chickens, ducks, and geese want to know. But when they send a peacock over to find out why, they're incredulous at the reply. How could anyone be happy simply to see the rain and sunshine? What could be so joyful about the flowers and butterflies? This classic fable, first illustrated by Celestino Piatti in 1963, gives powerful testament to the beauty that exists in our world and to the importance of standing by your beliefs.

**My Blue Is Happy** by Jessica Young (2013). Your neighbor says red is angry like a dragon's breath, but you think it's brave like a fire truck. Or maybe your best friend likes pink because it's pretty like a ballerina's tutu, but you find it annoying — like a piece of gum stuck on your shoe. In a subtle, child-friendly narrative, art teacher and debut author Jessica Young suggests that colors may evoke as many emotions as there are people to look at them — and opens up infinite possibilities for seeing the world in a wonderful new way.

**Perfect Square** by Michael Hall (2011). A perfect square that is perfectly happy is torn into pieces, punched with holes, crumpled, and otherwise changed but finds in each transformation that it can be something new, and just as happy.

**Get Happy** by Doyle Malachy (2011). Want to make each day just a little happier? Be inspired by simple, rhyming text containing easy ways to turn frowns into giggles and spread joy all around!

**Dragon of the Red Dawn** by Mary Pope Osborne (2007). When Merlin is weighed down by sorrows, Jack and Annie travel back to feudal Japan to learn one of the four secrets of happiness.

**If You're Happy and You Know It: Jungle Edition** by James Warhola (2007). Jungle animals sing the verses of this popular song that encourages everyone to express their happiness through voice and movement.

**Taking A Bath with the Dog and Other Things That Make Me Happy** by Scott Menchin (2007). In order to answer her mother's question about what would make her smile, a girl first asks various people, animals, and even the moon what makes them happy.

**Augustus and His Smile** by Catherine Rayner (2006). After searching mountains, forests, oceans, and deserts to find his smile, Augustus the tiger finds it when he looks in a puddle, and realizes that happiness is everywhere around him.

**Once There Was A Hoodie** by Sam McBratney (2001). While trying to make friends, a Hoodie manages to scare off some sheep, cows, and children, before finding the one thing that will make him truly happy.

### **Books for Learning (children's non-fiction)**

**I Have the Right to Be A Child** by Alain Serres (2012). The book emphasizes that these rights belong to every child on the planet, whether they are "black or white, small or big, rich or poor, born here or somewhere else."

**Our Rights: How Kids Are Changing the World** by Janet Wilson (2013). A girl who spoke out against her government for the rights of aboriginal children, a boy who walked across his country to raise awareness of homelessness, and a former child soldier who wants to make music not war. Here are true stories of kids just like you who are standing up for their rights. Read about how they have made a difference. Dylan Mahalingam from the USA started an online charity to raise money to fight child poverty. The bravery of Nujood Ali Mohammed from Yemen inspired other girls who were being forced to marry too young. Anita Khushwaha from India became a beekeeper to pay for school, even though it was considered a job only men could do. All of them are making a difference for children's rights.

**I Can Write A Book about How to Be Healthy and Happy** by Bobbie Kalman (2013). Writing this how-to book will motivate children to live healthier, happier lives. Children will learn how to eat a rainbow and be shown how to write healthy recipes for others to try. They can share how they play their favorite sports and games using point-form instructions. They will also share ways to be kind to their families, friends, and the planet.

**Healthy Kids** by Maya Ajmera (2013). In this new title from The Global Fund for Children, readers learn the different ways kids from around the world can stay healthy. Photographs showcase children from Afghanistan washing their hands, a team of boys from Australia playing sports, a group of girls from Panama wearing their seatbelts. There are many ways kids can practice healthy living, no matter where they live.

**I Am the World** by Charles R. Smith (2013). The children of our world come in many colors, shapes, and sizes. Celebrate the vibrancy, the fibers, and the ingredients that define the unique nature of cultural heritages across the globe and the universal truths that unite each and every one of us in this rich, elegant verse paired with striking, diverse images from award-winning poet and photographer, Charles. R. Smith.

**The Great Big Book of Families** by Mary Hoffman (2011). Features all kinds of families and their lives together, with each spread showcasing one aspect of home life, from houses and holidays, to schools and pets, to feelings and family trees.

**Grand** by Marla Konrad (2010). Colorful pictures reflect the bond between grandparents and their grandchildren, no matter where they live or what the circumstances. The country where each photo was taken is included.

**I like to Play** by Marla Konrad (2010). Presents the many inventive ways that children find to explore their worlds and to have fun.

**When Children Play: The Story of Right to Play** by Gina McMurchy-Barber (2011). Describes the work of Right to Play, an organization which uses sports and games to teach at-risk and underprivileged children around the world about self-esteem, empathy, and peace.

### **Books for Caregivers (adult non-fiction)**

**Happy Kids: The Secret to Raising Well-behaved, Contented Children** by Cathy Glass (2010). Tried and tested methods for guiding, nurturing, and disciplining children are presented in this helpful guide. Applicable to all age groups, this is a clear and concise guide to raising confident, well-behaved, and happy children.

**Healthy Choices, Healthy Children: A Guide to Raising Fit, Happy Kids** by Lori S. Brizee (2011). This easy guide is engaging and practical, filled with tips, recipes, questions and answers, and relevant spiritual wisdom for raising well-nourished, active children who will make good, lifelong choices regarding food.

**Yoga for Children: 200+ Yoga Poses, Breathing Exercises, and Meditations for Healthier, Happier, More Resilient Children** by Lisa Flynn (2013). Complete with full-color photographs, instructional scripts, and pose modifications, Yoga for Children will help build your child's confidence, self-awareness, and focus while strengthening your connection - one yoga session at a time.

**Raising Happiness: 10 Simple Steps for More Joyful Kids and Happier Parents** by Christine Carter (2010). Drawing on what hard science says about the factors that breed happiness in childhood and beyond, here are 10 simple principles for fostering the skills and habits that will set the stage for optimism, emotional health, and confidence for kids.

**Simplicity Parenting: Using the Extraordinary Power of Less to Raise Calmer, Happier, and More Secure Kids** by Kim John Payne (2009). Helps parents reclaim for their children the space and freedom that all kids need, allowing their children's attention to focus and their individuality to flourish.

**How to Have A Happy Child: Responding to your Child's Emotional Needs from 4-12** by Richard C. Woolfson (2007). Parents have a huge part to play in understanding and supporting their children's emotional and social needs. Packed with expert advice, key strategies and examples of positive parenting, this book reveals the secrets of raising happy, confident and well-adjusted children.