MY HAPPINESS MAY	TO MAKE SURE EVERYONE IS AWARE MY HAPPINESS,
INCLUDE:	I WILL BE WEARING:
☐ Giggling	☐ My favourite colour, which is
☐ Chatterboxing	An extravagant hat
☐ Dancing	Sunglasses (because I'm cool as well as happy)
☐ Significant movement	☐ Fancy dress
that isn't quite dancing	☐ A cape
☐ Squealing	☐ My birthday suit (weather permitting)
☐ Clapping	Crown
AN UNUSUAL DESIRE TO HUG THE FOLLOWING:	IT'S PROBABLY BEST THAT I AVOID THE FOLLOWING:
Parent/s	Fizzy drinks
Sibling/s	Chocolate
Pet/s	Tomato ketchup
	Noisy musical instruments
	☐ Muddy puddles
DRAW YOUR HAPPY SMILE:	



USING THE SMILE RULE BELOW, MEASURE FROM CORNER TO CORNER THE WIDTH OF YOUR SMILE: \_\_\_\_\_ CM

SMILE RULE

0 1 2 3 4 5 6 7 8 9 10 cm

THE UNITED STATES OF EMOTIONS URGE YOU TO ENJOY YOUR HAPPY FEELING.

SHARE YOUR HAPPINESS WITH EVERYONE AND KEEP SMILING, FOR OTHERS WILL

SMILE BACK AT YOU.\*

\*IF SOMEONE DOESN'T SMILE BACK, THEY MIGHT BE SUFFERING FROM 'THE GRUMPS' - DON'T WORRY.







# DECLARATION OF SAD

SAD: 'FEELING OR SHOWING SORROW; UNHAPPY.' OXFORD ENGLISH DICTIONARY

#### PLEASE MARK WHERE YOU ARE ON THE SAD SCALE BELOW:

A little sad	Terribly sad If you are her		
* Please fold this form into a small square and sob.  When you have composed yourself and your tears have dried, please unfold and complete.			
I AM SAD BECAUSE:			
I miss			
I lost/forgot			
I can't go/have			
☐ I don't know, but I really do feel very sad	☐ AND its someone else's birthday		
☐ It's raining	Today is:		
☐ I don't feel very well	☐ Sunday ☐ Monday		
☐ I thought my life would be different			
☐ Someone hurt my feelings	(The U.S.E. understands your sadness -		
☐ It's not my birthday	these can be sad days.)		

I FEEL THE SADNESS MOSTLY IN MY: (select as appropriate below or mark on the body on the right where you feel most sad)	
Head Heart Tummy All over	
☐ A hollow space inside me that I don't know the name of	
I MIGHT FEEL BETTER IF: (please select up to 3 of the following)	
☐ I have a non-healthy snack ☐ You give me a hug	
☐ Someone called gives me a hug ☐ We sit down and talk ☐ We go for a walk and I talk	
☐ I speak to about me feeling sad ☐ We have for dinner and for dessert	
<ul><li>☐ We make today my unbirthday*</li><li>☐ We watch a movie**</li></ul>	- 11
*A day that is not one's birthday but is celebrated as though it were. This term was coined by Lewis Carroll	- 11
in his book Alice Through the Looking Glass.	
**We recommend watching a movie you've seen many times before. Surprises aren't necessary when you feel sad.	

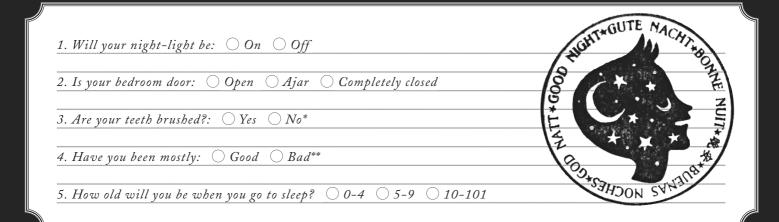
THE UNITED STATES OF EMOTIONS WOULD LIKE TO REASSURE YOU THAT FEELING SAD IS VERY NORMAL. WE WOULDN'T ENJOY FEELING HAPPY IF WE DIDN'T SOMETIMES FEEL SAD. CRYING IS NORMAL TOO.

WHEN YOU CRY, AN URGENT MESSAGE IS SENT TO YOUR BRAIN TO CONJURE A LITTLE SPELL OF 'FEEL BETTER BUBBLES' (SCIENTISTS CALL THESE ENDORPHINS), WHICH TRAVEL THROUGH YOUR BODY AND MAKE THINGS A LITTLE BIT BETTER.

YOUR TEARS ARE MAGICAL. CRY IF YOU NEED TO. PLEASE USE A TISSUE AND NOT YOUR SLEEVE TO WIPE TEARS AWAY.

## Dream Request Form

ISSUED BY
THE MINISTRY OF DREAMS



***************************************		***************************************	***************************************	***************************************	
***************************************	***************************************	***************************************	***************************************	************************	***************************************
		***************************************	******************************	******************************	***************************************
***************************************					

8. Please select 3 of the following dream treats:

Ruby slippers Magic rabbits A flying carpet
Fairies Wizards X-ray vision A cloud castle
Other [please specify]

9. Please describe your pyjamas/nightie/bed outfit\*\*\*:

10. We assume you want to avoid a fright. If you're feeling brave, however, please tick the appropriate SCARE:
Witches Monsters Clowns Ghosts Falling
Homework Creepy crawlies Broccoli

11. Please place your index finger in the box below to consent to your dream.
Dream weavers are able to read invisible finger prints.

7. If you are still awake, please tick here: O Just checking... Go to

\*Dream weavers are favourable to children with sparkly gnashers.



\*\*Please note, by ticking this box, you may have a nightmare. (psssst: We advise you to tick the other one.) \*\*\*This answer will make it easier to find you if you go missing in your dream.

### The Father Christmas/Santa Claus Form





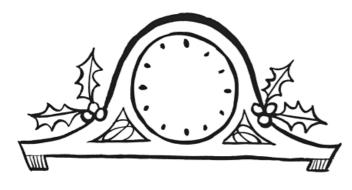
his form covers the bare essentials required by Father Christmas/Santa Claus and the North Pole workshop. Hand written letters are still, and will always be, gratefully received.

Please may I receive the following present from Father Christmas/Santa Claus:	This year I think I have behaved:  ☆ Wonderfully  ☆ Very well  ☆ Sometimes good, sometimes bad  ☆ Bad*  ☆ Awfully*
	*By ticking either of these boxes you request that Father Christmas/ Santa Claus pardon your bad behaviour, especially since you've been honest and acknowledged it.
If you have a catalogue page number, barcode or any other information relevant to your desired present, please state it here:	Do you plan to behave better next year?  ☆ Yes, I promise  ☆ I doubt it  ☆ Not sure
(as well as an ENORMOUS workshop, the North Pole holds all gift guides)	Because:

## On the evening of Father Christmas/Santa Claus visit I will be in bed by:



#### I will be asleep by:



#### I promise I will not pretend to be asleep:

AGREE (you have to agree to this)

#### My stocking will be located:

- At the end of my bed
- ☆ Outside my bedroom door
- ☆ By the back door
- ☆ By the fireplace\*
- ☆ Other place: \_

\*Please ensure the fire is extinguished or there is an alternative route.

PLEASE COMPLETE THE MAP ON THE FOLLOWING PAGE, TO MARK THE QUICKEST ROUTE FOR FATHER CHRISTMAS / SANTA CLAUS.

### The following refreshments will be left out for Father Christmas/Santa Claus:

- ☆ Cookies
- ☆ Mince pies
- ☆ An orange (as one of his five a day)
- Milk
- ☆ Cheese and biscuits
- ☆ Christmas cake
- ☆ Sherry
- ☆ Rum
- ☆ Beer
- AND a napkin to wipe the crumbs from his beard

#### I promise not to eat any of the above items left for Father Christmas/Santa Claus:

**☆** AGREE

#### The following refreshments will be left out for the reindeer:

- Carrots
- ☆ A bowl of water
- ☆ Leftovers from dinner
- ☆ Mints

#### Refreshments will be left:

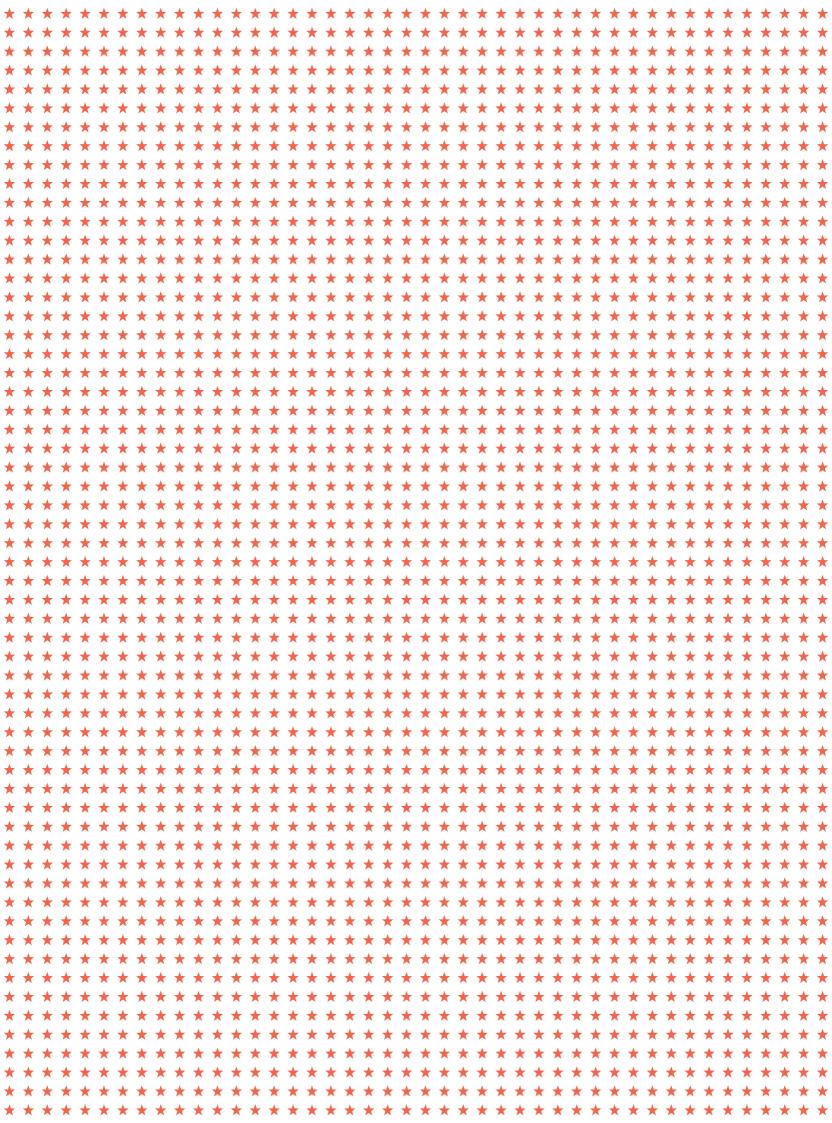
- ☆ In the hallway
- ☆ By the front door
- ☆ By the back door
- ☆ At the bottom of the stairs
- ☆ In the kitchen, covered and out of reach of the family pet/s

I understand that Father Christmas/Santa Claus is incredibly busy and there are only so many elves in the workshop, so if I don't get the present I want, I will still be incredibly grateful:  $\Leftrightarrow$  YES  $\Leftrightarrow$  YES

**SIGNATURE** 







# THE LOST PROPERTY FORM

ISSUE BY THE A.M.M.M. (ASSEMBLY OF THE MISSING, MISLAID & MISPLACED)

## I HAVE LOOKED THOROUGHLY FOR MY LOST ITEM IN THE FOLLOWING PLACES:

- Where I had it last
- My bedroom
- Your bedroom
- My classroom
- The kitchen

## WHERE I DEFINITELY DON'T THINK IT IS:

- In the mess that
  I generally create
- In your car
- Under the sofa
- In the pet bed

#### OH NO! I'VE LOST: (please select)

- My homework (which I promise I did)
- A piece of clothing/uniform/sports item (please specify)
- My lunchbox A musical instrument My invisibility
- An electronic device My teddy/other cuddly toy who's name is ......
- **Sweets** (and I'm quite sure I didn't eat them)
- Money (and I'm almost certain I didn't spend it)
- Something precious (please specify) ......
- My pet (Please specify both the animal and pet name) \*

## I'M A LITTLE WORRIED THAT THE ITEM I LOST MAY HAVE BEEN LEFT ON PUBLIC TRANSPORT:





Train









Aeroplane I

Note: There is an entire building for property lost on public transport. This means you're not the only person who loses things. Adults lose things all the time, but let's not mention that now.



<sup>\*</sup>This requires immediate adult attention. Alert an adult NOW.