MY HAPPINESS MAY
INCLUDE:

## Giggling

ChatterboxingDancingSignificant movement that isn't quite dancingSquealing
Clapping

AN UNUSUAL DESIRE TO HUG THE FOLLOWING:Parent/s
Sibling/sPet/s

TO MAKE SURE EVERYONE IS AWARE MY HAPPINESS, I WILL BE WEARING:
$\square$ My favourite colour, which is $\qquad$An extravagant hatSunglasses (because I'm cool as well as happy)Fancy dressA capeMy birthday suit (weather permitting)Crown

IT'S PROBABLY BEST THAT I AVOID THE FOLLOWING:Fizzy drinksChocolateTomato ketchupNoisy musical instrumentsMuddy puddles

DRAW YOUR HAPPY SMILE:


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

SMILE RULE


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.*




PLEASE MARK WHERE YOU ARE ON THE SAD SCALE BELOW:

* 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 $\qquad$

I can't go/have $\qquad$I don't know, but I really do feel very sadAND its someone else's birthday
It's raining
I don't feel very well Today is:

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)HeadHeartTummyAll overA 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 snackYou give me a hug
Someone called $\qquad$ gives me a hug
We sit down and talkWe go for a walk and I talkI speak to $\qquad$ about me feeling sadWe have $\qquad$ for dinner and
$\qquad$ for dessertWe make today my unbirthday*We watch a movie**
*A day that is not one's birthday but is celebrated as though it were. This term was coined by Lewis Carroll in bis 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 Reguest Formn

## ISSUED BY

THE MINISTRY OF DREAMS
$\star$ $x$


6. Please write a short description of your dream:
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$


Dream weavers are favourable to children with sparkly gnashers.
7. If you are still awake, please tick here: OJust checking... Go to question 8
8. Please select 3 of the following dream treats:
$\bigcirc$ Ruby slippers $\bigcirc$ Magic rabbits $\bigcirc$ A flying carpet
$\bigcirc$ Fairies $\bigcirc$ Wizards $\bigcirc$-rayvision $\bigcirc$ A cloud castle
Other [please specify]
$\qquad$
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 $\bigcirc$ Monsters $\bigcirc$ Clowns $\bigcirc$ Ghosts $\bigcirc$ Falling
$\bigcirc$ Homework $\bigcirc$ Creepycrawlies 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.

**Please note, by ticking this box, you may bave 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.

* onew roun onear *
**
* 

$\star$
*
*

## The fatber $\mathfrak{C b r i s t m a s} / \mathfrak{T a n t a}$ Claus form


his form covers the bare esgentials required by father $\mathfrak{C b r i s t m a s / G a n t a ~ E l a u s ~ a n d ~ t h e ~ M o r t h ~ D o l e ~}$ workshop. Ђand written letters are still, and will always be, gratefully receíped.

Please may I receive the following present from Father Christmas/Santa Claus:
$\qquad$
$\qquad$
$\qquad$
$\qquad$

If you have a catalogue page number, barcode or any other information relevant to your desired present, please state it here:
(as well as an ENORMOUS workshop, the North Pole holds all gift guides)

This year I think I have behaved:
Wonderfully
2 Very well
is Sometimes good, sometimes bad
is Bad*
is 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.

[^0]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:
is AGREE (you bave to agree to this)

My stocking will be located:
is At the end of my bed
$i$ Outside my bedroom door
i By the back door
is By the fireplace*
is Other place: $\qquad$
*Please ensure the fire is extinguished or there is an alternative route.

The following refreshments will be left out for Father
Christmas/Santa Claus:
is Cookies
A Mince pies
$\stackrel{i}{ }$ An orange (as one of his five a day)
Milk
it Cheese and biscuits
is Christmas cake
$\star$ Sherry
is Rum
\& Beer
is 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:
is Carrots
i A bowl of water
is Oats
Leftovers from dinner
is Mints

## Refreshments will be left:

$i$ In the hallway
By the front door
is By the back door
is 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: is YES is YES

## SIGNATURE

## НО НО ЖO








































 $\star \star \star \star \star \star \star \star \star \star \star \star \star \star \star \star \star \star \star \star \star \star \star \star \star \star \star \star \star \star \star \star \star \star \star \star \star \star \star \star \star \star \star \star$




















## 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 Idid)

- A piece of clothing/uniform/sports item (please specify)
$\qquad$

My lunchbox $\square$ A musical instrument $\square$ My invisibility
$\square$ 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 l'm almost certain I didn't spend it)
Something precious (please specify)
My pet (Please specify both the animal and pet name)*
*This requires immediate adult attention. Alert an adult NOW.

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

Bus

Train

Tube

Aeroplane

Boat

UFO
not the only person who loses things. Adults lose things all the time, but let's not mention that now.



[^0]:    Do you plan to behave better next year?
    $\underset{\sim}{*}$ Yes, I promise
    I doubt it
    Not sure
    Because:

