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LET'S TALK ABOUT EMOTIONS  
**BE HAPPY**

EVEN WHEN  
IT'S RAINING

ALBATROS

LET'S TALK ABOUT EMOTIONS – BE HAPPY



JANA SEDLÁČKOVÁ & ELISA PATRISSI



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Let's explore the world of happiness with Mary and Paul! Discover how to look on the bright side of life and find joy in every moment. Are you ready? Let's go on this happy adventure together!

# MARY AND JOY

Joy is a very **PLEASANT FEELING**. It appears whenever you do something you like. Mary loves to dance in a pile of colorful leaves as they fall from the trees in autumn. Thousands of dancing leaves are flying around, making her feel perfectly happy. She enjoys their beautiful colors and loves that she can fly, jump, and frolic among them!



# WHAT BRINGS US JOY?

Many other things make Mary happy too. Like ice cream, rainbows, and blowing giant bubbles out of a bubble blower. She's happy when it rains and when the sun shines. And she even enjoys it when it's foggy outside the window and she's scared – but safe – under the covers with her mother and little brother Sam. **WHAT ELSE MAKES MARY HAPPY? AND WHAT MAKES YOU HAPPY?**



# THE JOY OF CREATION

Let's make a treehouse!

Yeah, I'll help you.

Hmm... something is missing!

And I'll show you both how to hammer nails safely.

**I KNOW!**



Well done, little helper! I'll make curtains out of the tablecloth!



Now it's perfect! We are true artists.

Isn't this house beautiful darling? I can totally see you settling in permanently.

It's great, but forget sleeping in it!

# LOVE WHAT YOU DO AND DO WHAT YOU LOVE

HURRY, HURRY,  
I only have two seconds left! Oh no...  
What if I trip again? Or worse, what  
if I come in LAST?! Ugh, I can't...  
I can't breathe, help me...!

FINISH



**DON'T FORGET TO ENJOY YOUR PASSIONS!**  
And so Mary realized that whenever she chased something **TOO HARD** and **TRIED HARD**  
to catch up to her supposed happiness, she was only ever happy for just a moment.  
As soon as she jumped off the podium, her joy always disappeared ...  
Sometimes she didn't even feel it up there. Her dad was right –  
out of sheer worry and concentration, she would  
completely forget to enjoy the run!

It's so beautiful today!  
Wow, today is amazing! The flowers  
are so colorful and bright, swaying  
happily in the breeze. I feel like I'm  
bouncing on a soft, fluffy pillow  
with every step I take!



Like Mary, we all want to be really good at something. It's never a bad thing to work  
on improving, **STEP BY STEP**. But we should be careful never to lose our joy.  
Because it is this joy – the true joy that is **HERE AND NOW** – that we really need to succeed.

## IT'S TIME TO BE HAPPY!



We are all is sometimes sad or angry. But sadness is a part of life, so we should embrace it. Behind every dark cloud, big or small, the sun will shine again, sooner or later. Enjoy each day and learn to find something to look forward to and be grateful for.

**AND NEVER FORGET THAT TRUE JOY IS WITHIN YOURSELF!**

This book was co-authored by child psychologist Mgr. Andrea Slaba, who quite often deals with different emotions in children directly in her practice. We very much appreciate her cooperation.

Elisa the illustrator enthusiastically gave our main characters their appearances. Thanks to her, a lot of emotions flow from the book, don't you think? Big thanks for her approach and unique style.

The design of the book was done by Barbara, who worked closely with Elisa and the graphic designer. And she did a great job!

Our colleague Scott also made sure that the book was a beautiful read for children and parents alike. Thank you, Scott!

The idea for this book was conceived in the mind of Jana Sedlackova, who always has in mind that children should have fun while learning something interesting and perhaps new.

Don't be afraid to talk about your emotions! We wish you fun, laughter, and all the good emotions with our book, whether you read it at bedtime, in the car, or in a hammock.

# LET'S TALK ABOUT EMOTIONS BE HAPPY

If you're looking for a book that will encourage children to have conversations about their **BAD MOOD** and **UCERTAINTY**, this is the one.

This comic-style book is designed for children to easily understand it. The helpful hints and advice given in each of the situations make learning fun, not just something you do at school or home.



EDUCATION



FAMILY FUN  
INTERACTION



FUN  
ACTIVITY



TARGET  
GROUP

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