



We are in the process of figuring out how to bring some more happy news into schools up and down the country (as well as internationally!), in the meantime whilst things are a little strange, I wanted to create this free pack for you to use. Whether you're a teacher, carer, parent or sibling I hope this little pack can provide you and those around you with a little bit of happiness.

If you are a school/teacher and would be interested in receiving regular school packs in the future please pop us an email ([thehappynewspaper@gmail.com](mailto:thehappynewspaper@gmail.com)) so we can add you to our contact list and keep you in the loop.

KEEP SMILING, *emily* x

hi, I'm  
EMILY



SPRINKLING a tiny BIT of HAPPINESS all  
over THIS FUNNY OLD PLANET.

Emily Coxhead is a British designer, illustrator and happy thing maker.

In December 2015 she published her own newspaper, 'The Happy News', to remind people that there's a whole lot of good left in the world. Emily has since published her range of colourful greeting cards and products and published her book 'Make Someone Happy' with Penguin Random House. She is continuing to expand all things happy from the world's tiniest, most rainbow-filled office.

The idea of this free pack is to celebrate positive news, acts of kindness and teach children how to be mindful in a fun and colourful way using The Happy Newspaper to inspire and encourage more positive news and changes in our schools and communities.



## THE HAPPY NEWS

Originally funded by a successful Kickstarter campaign, The Happy Newspaper celebrates all that's good in the world. This inspiring quarterly publication is jam packed with optimistic and uplifting stories from across the globe and hopes to be a refreshing addition to the mainstream media.

- 32 colourful, illustrated pages
- No boring adverts
- Good quality paper (not newsprint!) so it can be shared and passed around as many times as possible
- Suitable for all ages including children
- Wholesale available & discounted price for schools/NHS

Some happy stories and facts for you to share with others!

did you know...

A GROUP  
of RABBITS  
is CALLED  
a fluffle



@thehappynewspaper



**TRASH MAN BUILDS FREE  
LIBRARY OUT OF 20,000  
BOOKS FOUND IN BINS**

@thehappynewspaper

Did you know...

a GROUP of  
**GORILLAS**

is called a **BAND**  
(or a troop... or a whoop!)



@thehappynewspaper

**SCOTLAND PLANTS  
22 MILLION TREES  
TO TACKLE THE  
CLIMATE CRISIS**



@thehappynewspaper via BBC

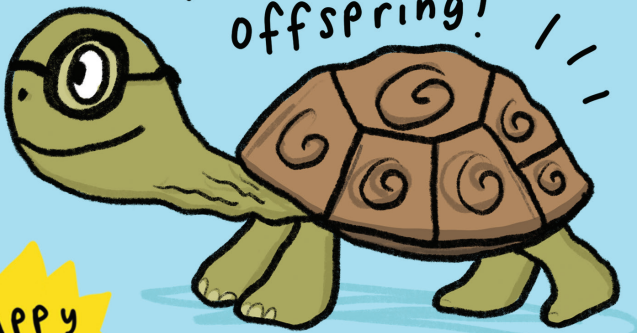
## THE TINY LIBRARY BRINGING BOOKS TO REMOTE VILLAGES



## COW GIVES BIRTH TO QUADRUPLETS EENY, MEENY, MINEY AND MOO

@thehappynewspaper via New York Post

a 100-YEAR-OLD TORTOISE called DIEGO SINGLE-HANDEDLY saved his own SPECIES from EXTINCTION by fathering 800 offspring!



HAPPY FACT

did you know...  
**NORWAY**  
ONCE KNIGHTED  
a PENGUIN!

@thehappynewspaper

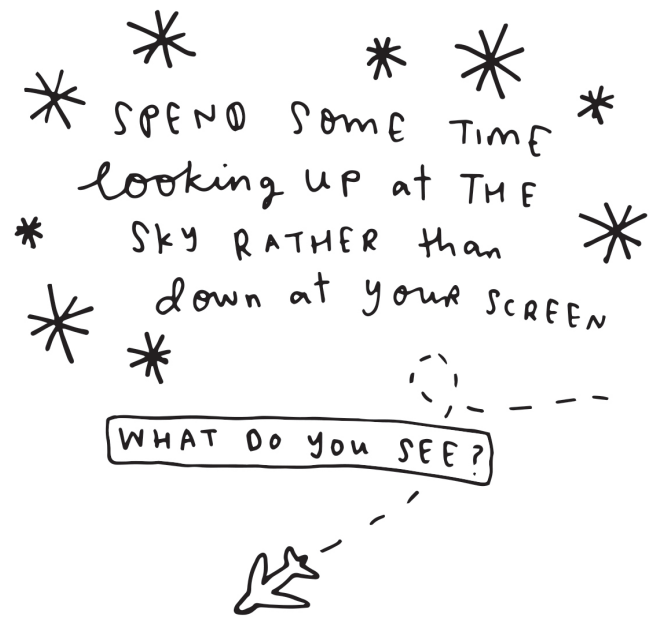
Sir Nils was knighted with the approval of King Harald V of Norway in 2008 because the penguin is the mascot of his guard.



## 68-YEAR-OLD WITH ALZHEIMER'S CLIMBS MOUNTAIN EVERY DAY

Remarkable pensioner Sion Jair battled Chronic Fatigue Syndrome and Pernicious Anaemia, only to be diagnosed with Alzheimer's. Determined not to let his diagnosis stop him, he continues to climb his local mountain daily. Sion estimates that he has climbed the Cumbrian mountain around 5,000 times and believes that this regular familiar exercise has helped fight his Pernicious Anaemia and slowed his Alzheimer's progression. He told the Guardian: "I just kept going and my body had two choices: I could either sit down and die, or the body had to get up and use what it had." What a testament to the human spirit!

@THEHAPPYNEWSPAPER



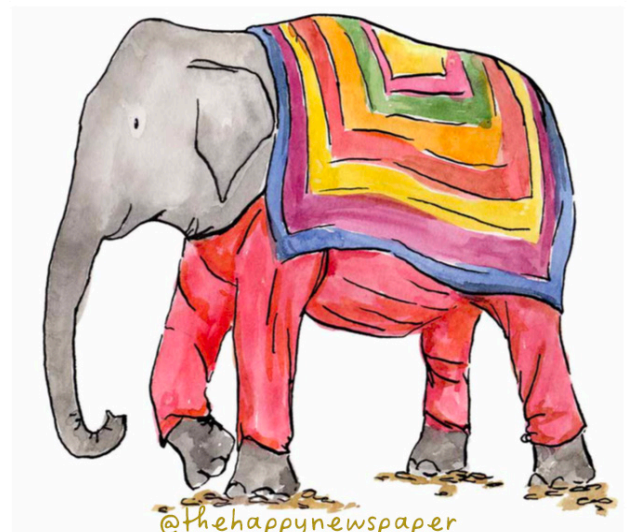
## TOY PIRATE SHIP CONTINUES JOURNEY ACROSS ATLANTIC

As reported in Issue 8, the toy Playmobil pirate ship of Ollie Fergusson, eight, and his brother Harry, five, had already sailed the 390 miles from Scotland to Norway. After being re-launched off the coast of Mauritania, North Africa, it has now nearly completed its six month, 2800 mile journey across the Atlantic.



## PATIENT RECEIVES 3D-PRINTED RIB IMPLANT

@thehappynewspaper



VILLAGERS KNOT JUMPERS TO KEEP ELEPHANTS WARM DURING NEAR-FREEZING TEMPERATURES



# #FIREFIGHTINGSEXISM INSPIRES ESME, FOUR

@thehappynewspaper

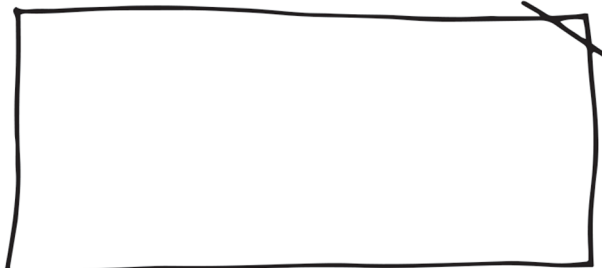
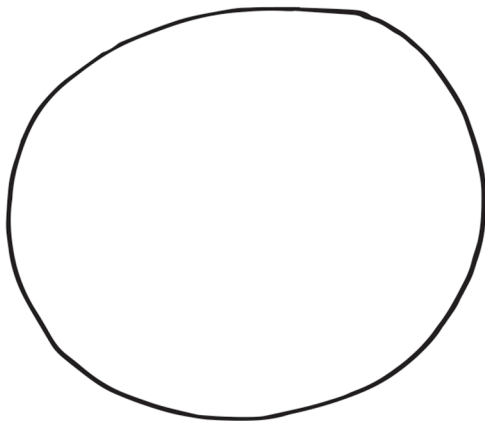
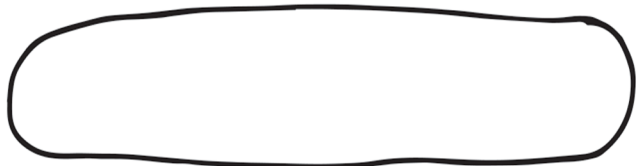
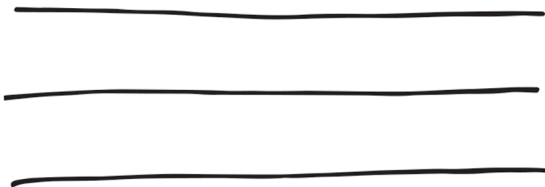
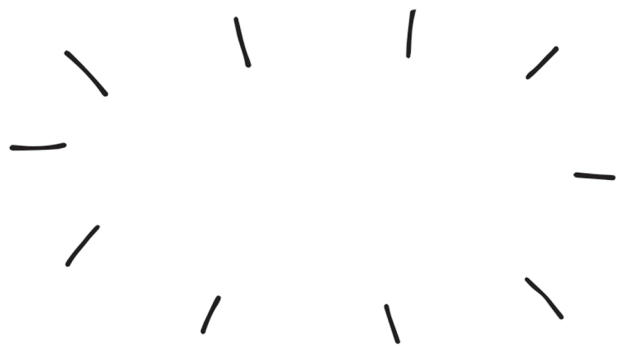
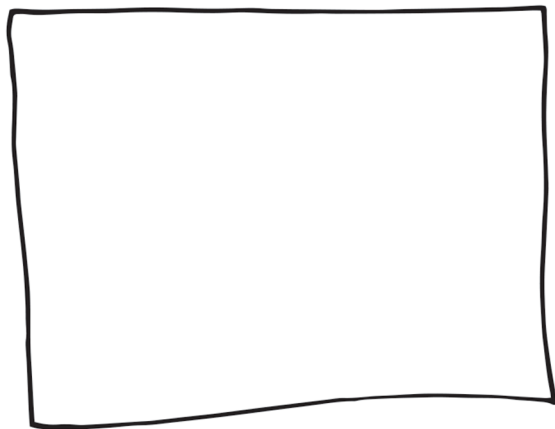


# THE HAPPY NEWS

BY EMILY COXHEAD®

A NEWSPAPER TO CELEBRATE ALL THAT'S GOOD IN THE WORLD...  
THE HAPPY NEWSPAPER IS A PLATFORM TO SHARE POSITIVE NEWS AND WONDERFUL PEOPLE

Edited by: \_\_\_\_\_



Can you find some happy news stories and write/draw them above?



# The Happy News

By Elsie Morris

## Courage

The dictionary definition of courage - facing difficulty without fear - doesn't match up to how many of us really feel about courage. Nelson Mandela described courage as "not the absence of fear but the triumph over it"

### Joyful little Idea

Copy out something from this newspaper and send it to a friend or family member to lighten up their day!

Something to lighten up your day

Q: Simon say your name backwards

A: Nomis

hahaha  
tell this joke to your friends and family.

"Quote of the week"  
"Courage is different for everyone, because everyone has different fears & different challenges"

by 8-year-old Elsie Morris



thank you for the HAPPY times...

My name is \_\_\_\_\_

This is my friend \_\_\_\_\_

They are my friend because

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

you are  
AMAZING



KINDEST IN CLASS





Dear \_\_\_\_\_

Thank you for \_\_\_\_\_

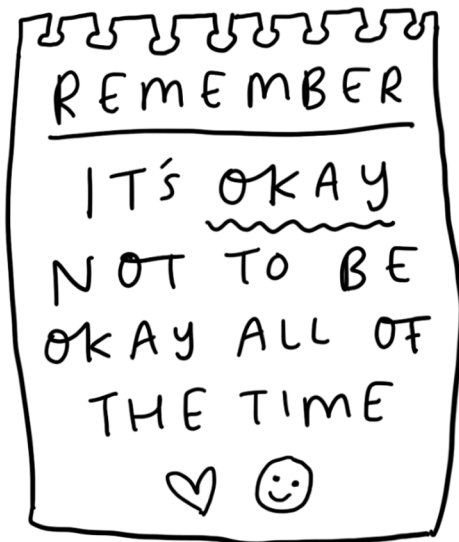
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From \_\_\_\_\_

Colour in or print on colourful paper...



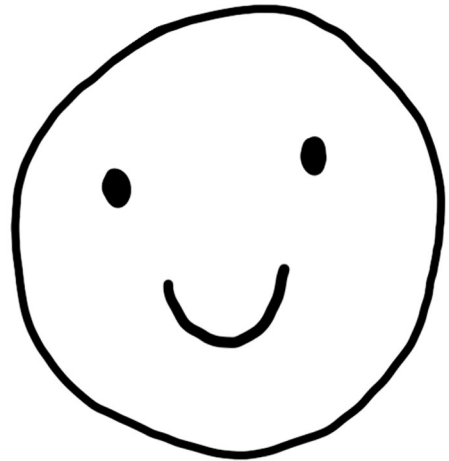
you'RE  
GOING TO  
HAVE THE  
★ BEST ★  
adventures





BE YOU  
**NOT**  
THEM

MAKE  
SOMEONE  
**HAPPY**



hello sunshine

**DO**  
**YOUR**  
**BEST**

tiny POSITIVES  
or little things that  
COUNT today...

\*

\*

\*

\*

\*

\*

TEENY tiny little  
THINGS I APPRECIATED

TODAY...

(FILL THE PAGE)



etc.

COLOUR IN







**COLOUR IN** and give to your favourite person!



Contact...

Tag Emily in photos/posts:

Instagram: @emilycoxhead @thehappynewspaper

Twitter: @emilycoxhead @HappyNewspaper\_

Email: [thehappynewspaper@gmail.com](mailto:thehappynewspaper@gmail.com)

Post letters to:

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