



## Trimantra



Namo Vitaraagay  
Namo Arihantanam  
Namo Siddhanam  
Namo Aayariyanam  
Namo Uvazzayanam  
Namo loye Savva Saahunam  
Eso pancha Namukkaro,  
Savva Pavappanashano  
Mangalanam cha Savvesim,  
Padhamam Havai Mangalam  
Aum Namō Bhagavate Vasudevaya  
Aum Namah Shivaaya  
Jai Satchitanand.

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My Name is

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I Am the Happy Kid

Kid's Photo

Dadaji says...



Whenever we make others happy, we naturally become happy. God is always very happy with those who live for others. And when God is happy with them, would they have any suffering?

### Note for parents

- Write your child's name in the blank spaces given in the story.
- Make your child the Happy Kid, the 'hero' of the story.



He is sad all the time....!



When he doesn't like his food.

When someone takes  
his toys from him...



When someone  
doesn't speak to him...







When his toy breaks...



When he gets told off...



When he doesn't get  
what he wants...

Everyone nicknamed him  
'Sid the Sad'!



What happens when somebody in the story needs rescuing?

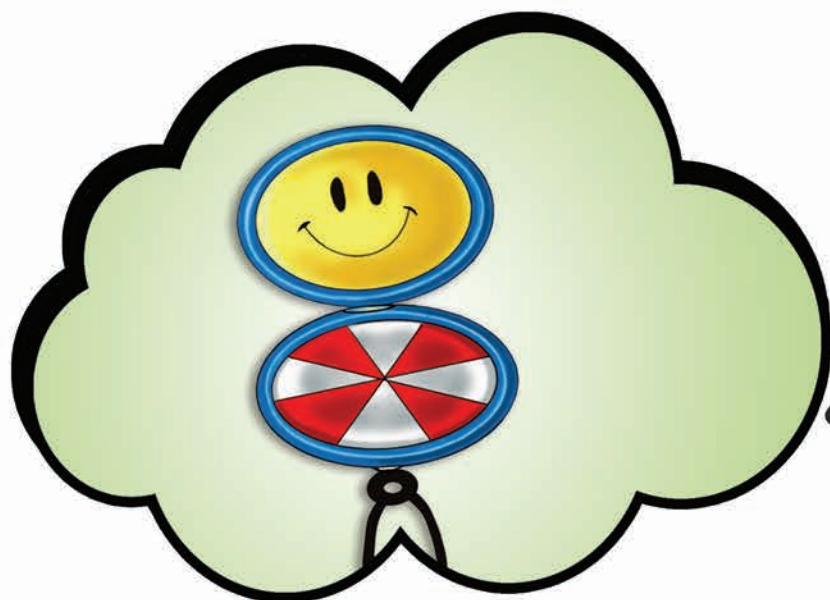
A new character comes in, right?

To help Sid, here comes  
the Happy Kid!

The Happy Kid's name is \_\_\_\_\_!!!



The Happy Kid has a special gadget!



'Happy-Meter'





Hi Sid!  
My name is \_\_\_\_\_  
I am the Happy Kid.

Will you be my friend? Why are you looking so sad?  
Come on, let me take you on a 'Happy tour.' With this  
Happy-Meter, let's go find happy creatures.  
It will be fun-tastic! Let's go!

"BEEP ... BEEP ... BEEP ... BEEP..."



"Happy-Meter has found  
someone happy. Let's go!"



# Hi, Mr Tree!

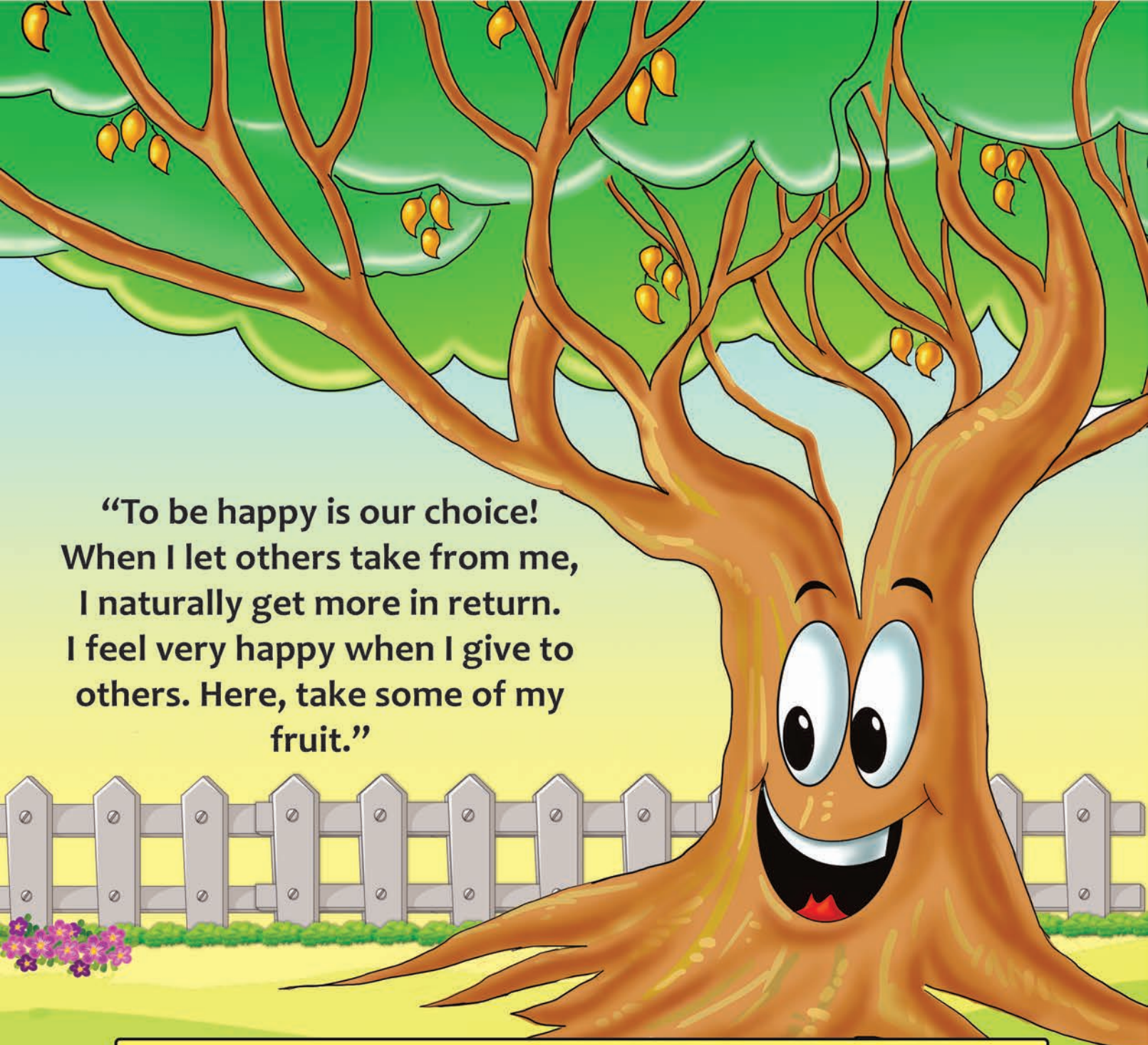
My name is \_\_\_\_\_ I am the Happy Kid.

This is my friend, Sid.

You have been standing here for years. People  
pick your fruits, flowers and leaves. Yet, you look  
happy!







“To be happy is our choice!  
When I let others take from me,  
I naturally get more in return.  
I feel very happy when I give to  
others. Here, take some of my  
fruit.”

“Thank you,” said \_\_\_\_\_ and Sid, and they walked on.



“BEEP ... BEEP ... BEEP ... BEEP...”  
“Look! Happy-Meter has found  
someone happy. Let’s go!”

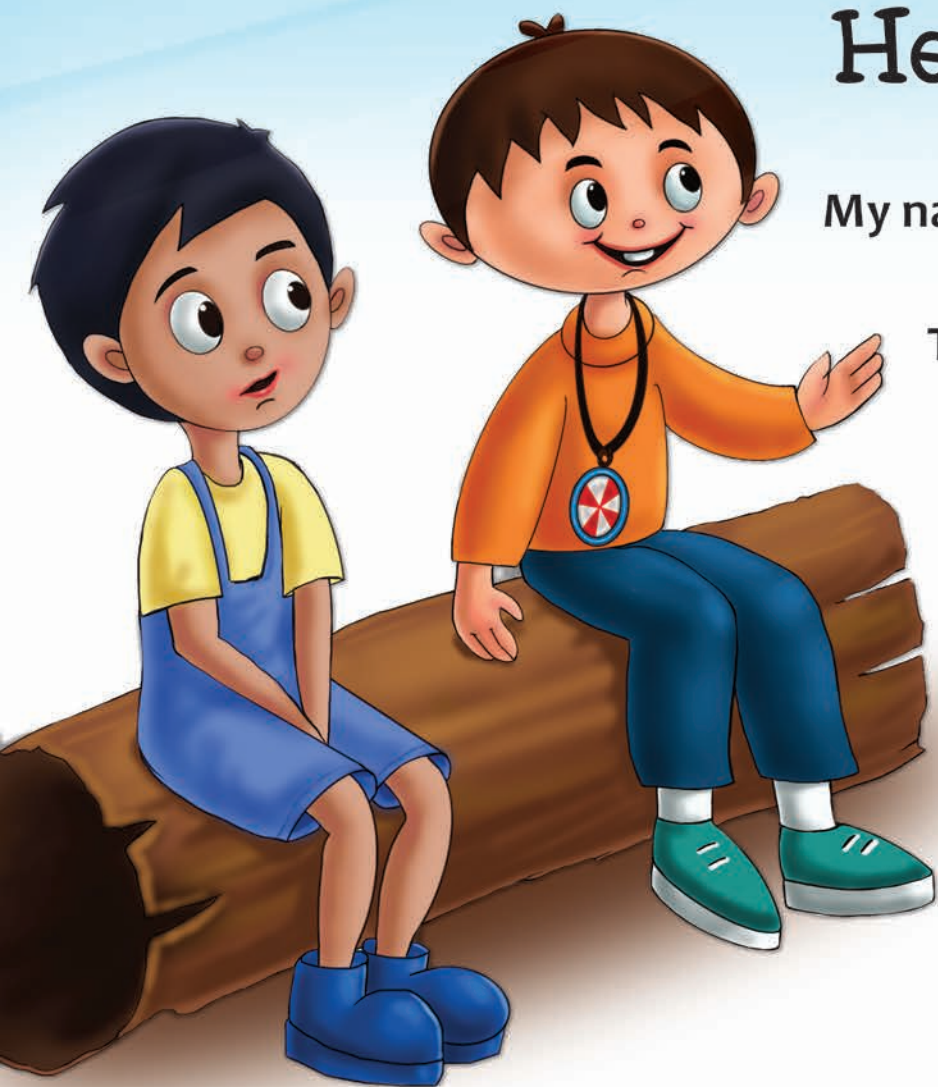




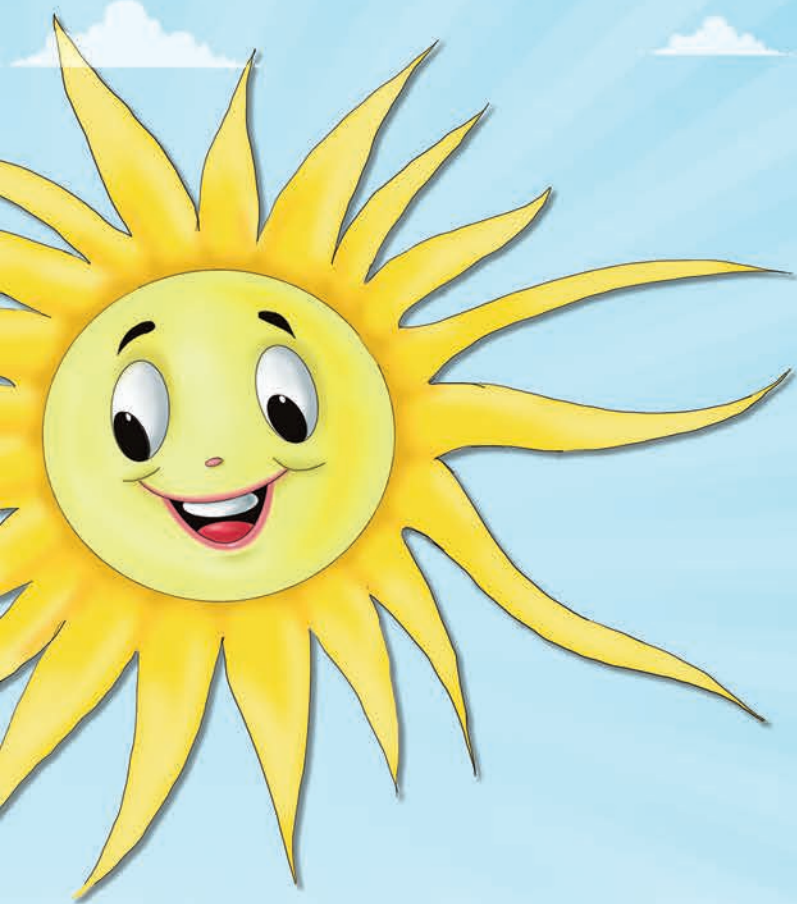
# Hello, Mr Sun!

My name is \_\_\_\_\_ I am  
the Happy Kid.  
This is my friend, Sid.

There are so many  
stars around Mr.  
Moon. There is no  
one around you.  
How come you are  
always smiling?







**“To be happy is our choice!  
There is no one around me, but I have positive energy. I give  
that to others. It is very helpful to them. I like that.”**

**Even Sid got energy when he  
heard this.**

**“BEEP ... BEEP ... BEEP ... BEEP...”  
“YIPPEE! Happy-Meter  
has found someone happy.  
Let’s go!”**





# Hello Granny!

My name is \_\_\_\_\_ I am the Happy Kid.

This is my friend, Sid.

You are old and weak. It is hard  
for you to walk. It is hard for  
you to see and hear. Yet you  
are happy!







**“To be happy is our choice!  
Yes, I am old and weak, and I can’t do  
many things. But I can knit sweaters for  
children like you. See how happy they  
feel when they wear them!  
Here, you have one too.”**



**“Thank you,” said \_\_\_\_\_  
and Sid, and  
they walked on.**

**“BEEP ... BEEP ... BEEP ... BEEP...”  
“Wow! Happy-Meter has found  
someone happy! Let’s go!”**





Hi! My name is\_\_\_\_\_ I am the Happy Kid.  
This is my friend, Sid.

Oh no! You've got bitter gourd curry and chapati  
in your lunch box. How can you eat this food  
happily?



To be happy is  
our choice!

“My mummy does so much for me! She makes food that I like everyday. Once in a while if I eat the food that mummy likes, then it would make her so happy. And if mummy is happy, then I am happy too!”



Waving bye to the boy, \_\_\_\_\_ and Sid walked on.



“BEEP ... BEEP ... BEEP ... BEEP...”

“YAY! Happy-Meter has found someone happy. Hey, it’s a beautiful butterfly! Let’s go!”



# Hello, Mr Butterfly!

My name \_\_\_\_\_ I am the Happy Kid.  
This is my friend, Sid.

You like to play with sweet-smelling, colourful flowers.  
But don't you feel sad when they wither away?





**“To be happy is our choice!  
Just like you found a new friend, I find new flowers every day.  
I have so much fun playing with new flowers.”**

**“Bye bye butterfly,” said \_\_\_\_\_ and Sid, and  
they walked on.**




Oh! Thank you \_\_\_\_\_! You are my best friend. Please tell me the secret to being happy! It was a delightful tour. You helped me meet creatures who are always happy. How wonderful they are! But the most wonderful of all is \_\_\_\_\_.  
I wish this tour goes on and on!



To be happy is our choice!  
Now you also know the  
secret to being happy!





Hmm ... we can be happy all the time by helping, sharing, caring, adjusting and making others happy! Hooray!! I am already feeling happy.



“BEEP ... BEEP ... BEEP ... BEEP...”

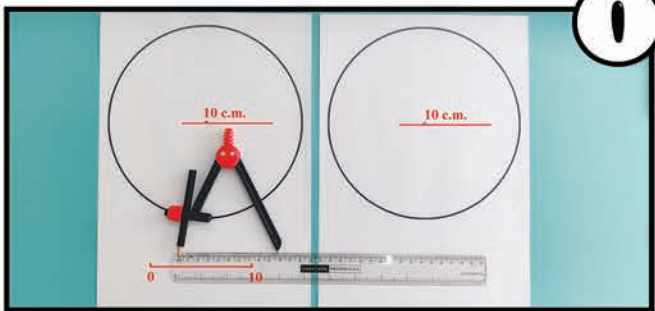
Oh! Happy-Meter has found someone happy... Hey, it's YOU!

And from that day on, Sid was always happy and smiling.

Come friends! Let's  
make a Happy-Meter  
and find  
a happy face!



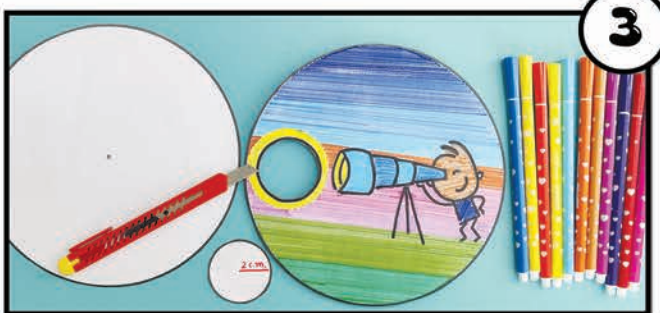
**Material Required**



With a compass, draw a 10 cm wide circle on two separate sheets of paper and make a dot in the centre of the circle.



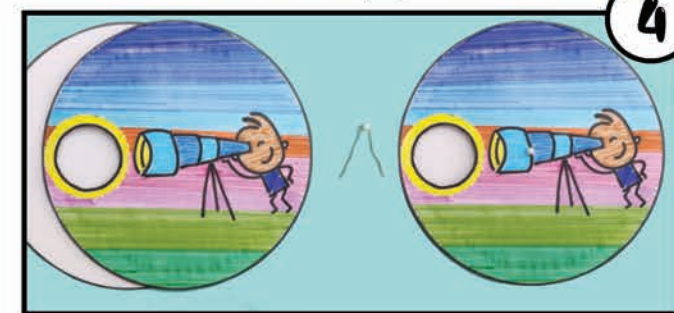
Cut out these two paper circles. On one of the circles, draw the picture, with pencil, as shown in the image. Make two cardboard circles the same size and stick them behind the paper circles.



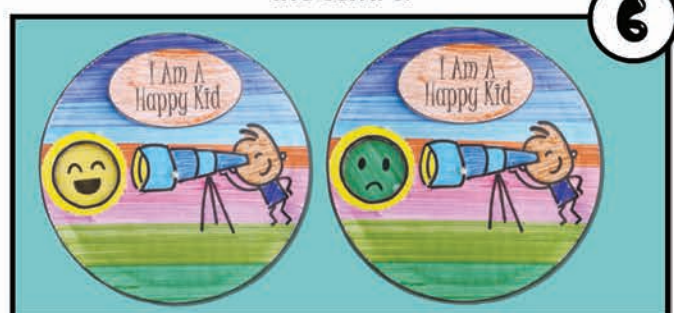
Cut out a 2 cm circle on the picture as shown and complete the picture with your favourite colours!



As you move the bottom circle in a circular motion, draw different emojis as shown in image.

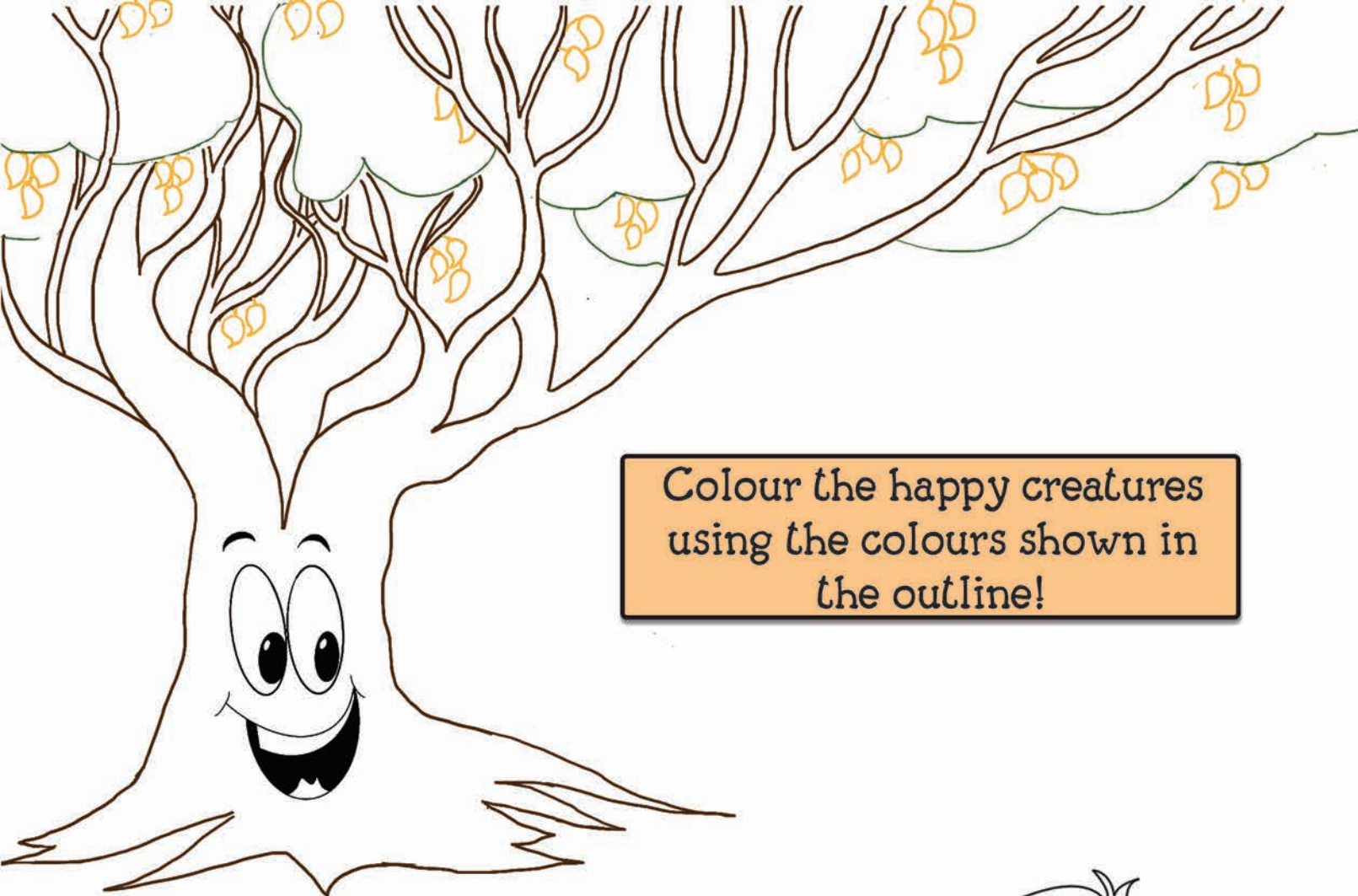


Using a split pin, join both circles at the centre. Alternatively, you can pass a bead through about 6 cm long bendable wire. Join both circles from the centre.

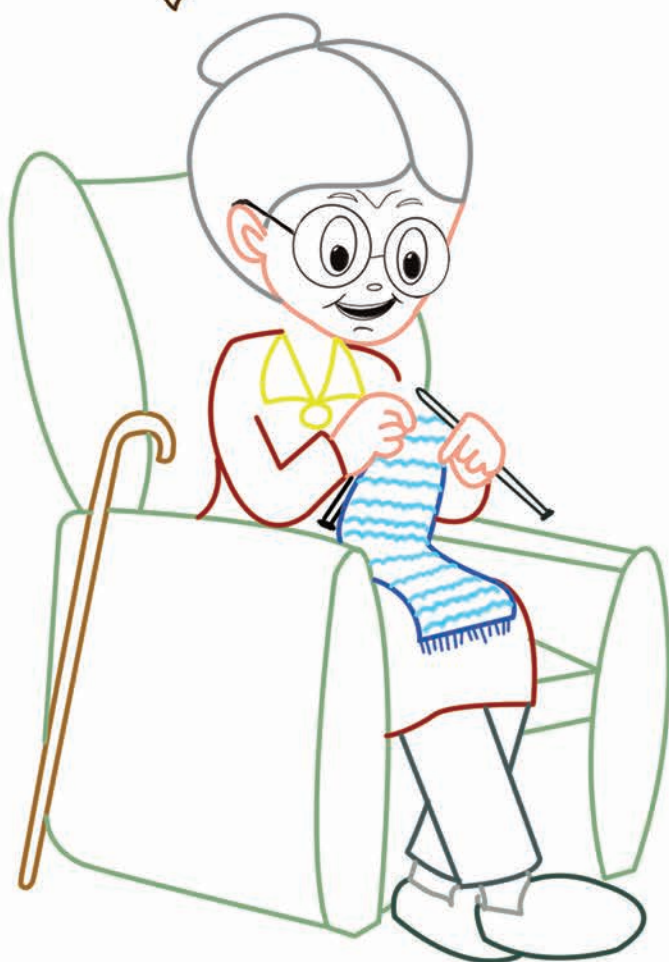


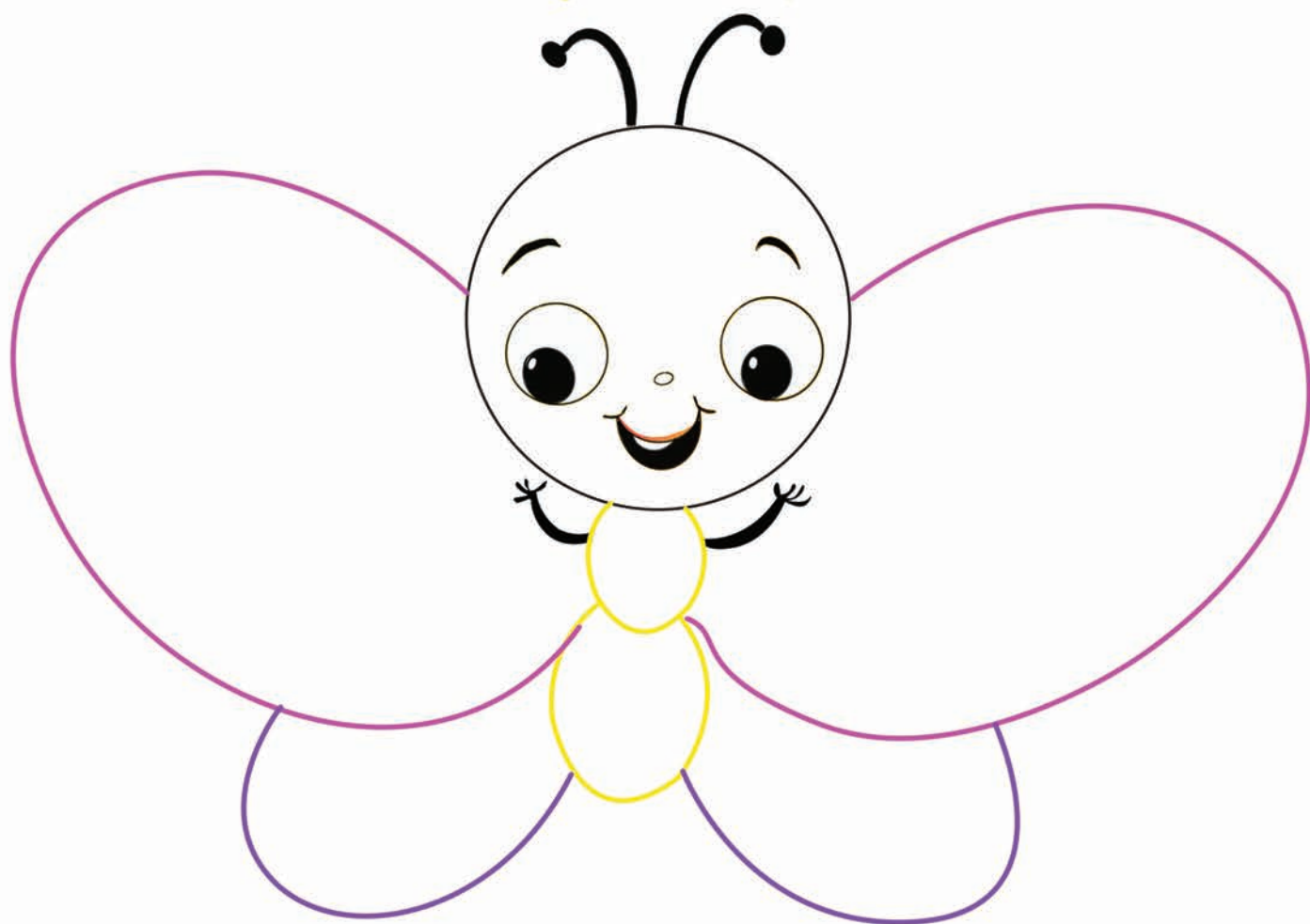
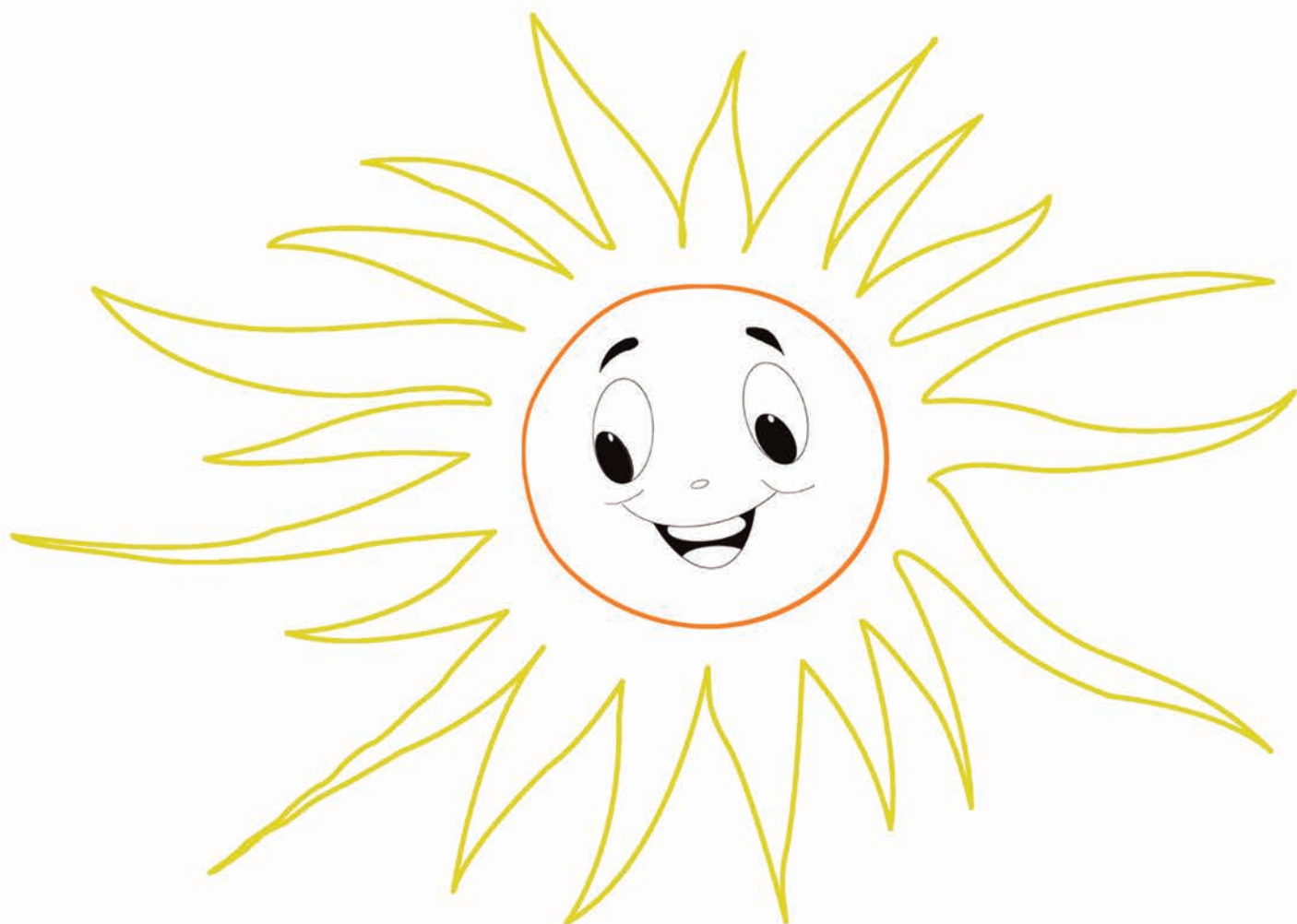
With a marker, write 'I am the Happy Kid'.  
Our Happy-Meter is ready!





Colour the happy creatures  
using the colours shown in  
the outline!

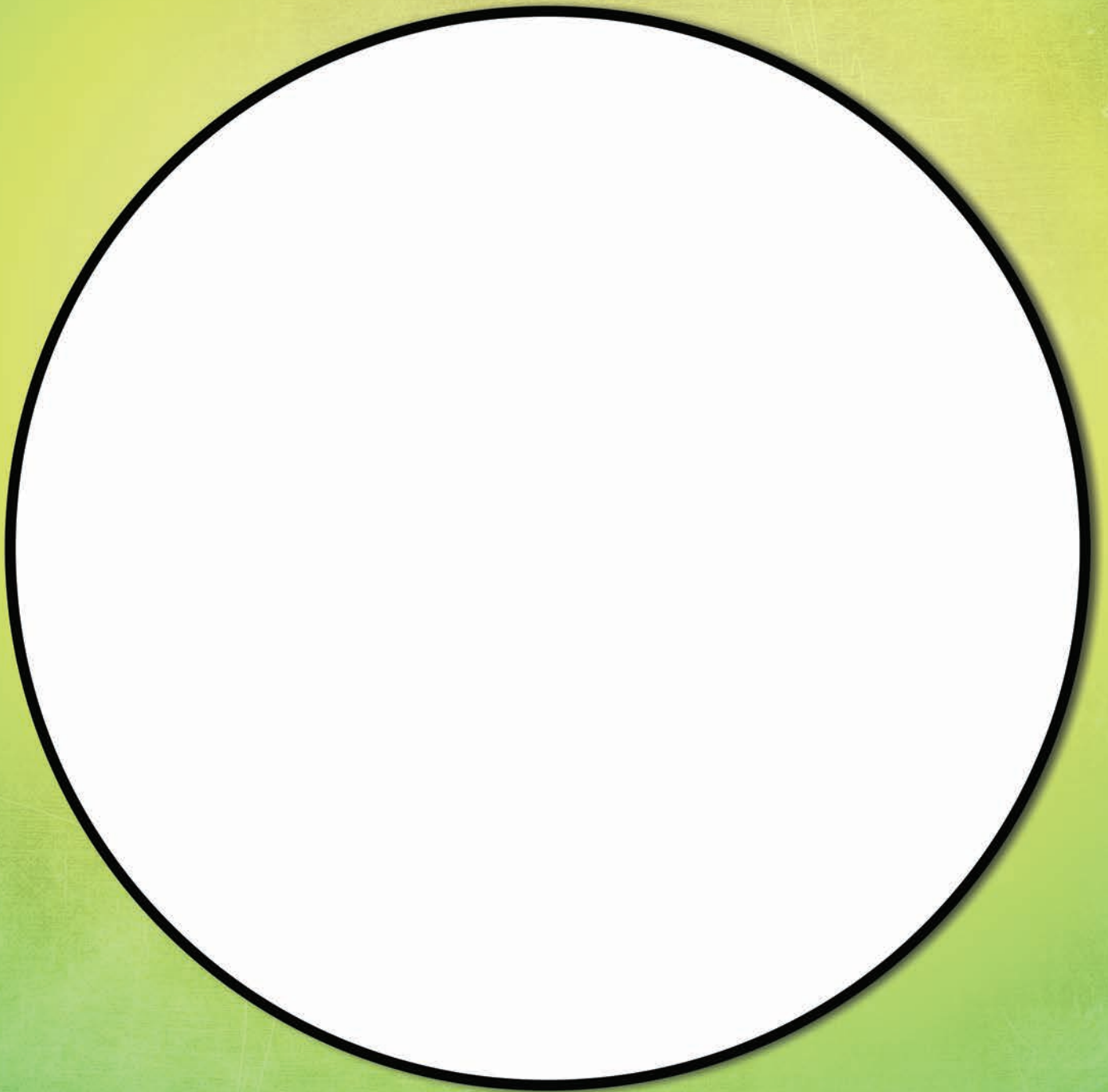








**Draw your own happy face in the given circle.**



**Be happy and make others happy!**

The Happy Kid is taking Sid the Sad on  
a Happy Tour, and that too with the  
help of a Happy-Meter!

Will Sid find the secret to being happy?

From whom? And what is it?

Let's find out from this exciting story!



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