

## Happy as a Lamb



Also available

Brave as a Lion

Are you feeling as HAPPY as a LAMB or as GRUMPY as a GOAT? Jump around the room pretending you are a spring lamb!

A positive and playful way for young children to recognise and express their feelings, with practical ideas to lift their mood or offer reassurance. Fitting the puzzle pieces together is calming,

fun and can create new conversations.









Skills





mama



Development





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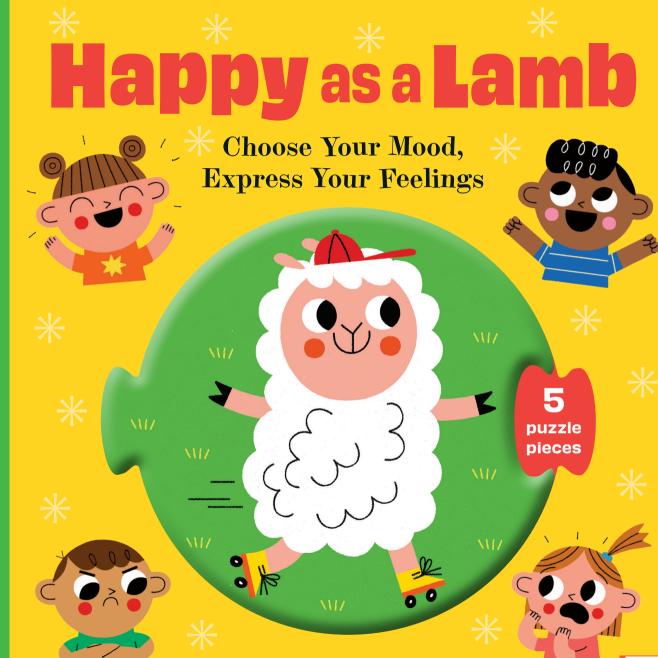
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Illustrated by Teresa Bellón



Happy as a lamb

Grumpy as a goat







Happy as a lamb

Grumpy as a goat



You choose...





Safe as a bear cub

Scared as a cat







Safe as a bear cub

Scared as a cat



