

Happiness is for Everyone

Use the questions below to talk about the book before or after you read it aloud.

Reminder to share: You have a superpower!
You can choose how you respond to your emotions—
and you can choose actions that help create more happiness”

What does happiness mean to you?

What are some things that make you smile?

Can you make someone else feel happy? How?

Does everyone find happiness in the same things?

How can we show kindness when someone is having a difficult day?

What is one thing you can do today to spread happiness?

What does gratitude mean?

What can you do if you are feeling sad?

What does it mean to be kind?

How do you think someone feels when you are kind to them?



Storytime & Discussion Questions for *Happiness is for Everyone* by Paula Price

About Happiness

1. What does happiness mean to you?
2. What are some things that make you happy?
3. Can something very small make you happy?
4. Do you think everyone is happy about the same things?
5. Can you choose something that might help you feel happier?

About Gratitude

1. What does gratitude mean?
2. What is something you are thankful for?
3. Who is someone you are thankful for?
4. Can you be thankful for something that doesn't cost any money?
5. How can you show someone that you are thankful?
6. For the youngest children, I'd have the adult explain:
7. Gratitude means noticing and being thankful for the good things in our lives.

About Kindness

1. What does it mean to be kind?
2. What is one kind thing you could do for someone today?
3. How do you think someone feels when you are kind to them?
4. Can a small act of kindness make a big difference?
5. Have you ever done something kind and made someone smile?

About Your Happiness Superpower

1. What do you think your happiness superpower is?
2. Do you think you can choose how you respond when you have a big feeling?
3. What can you do when you're feeling sad or frustrated?
4. Can you choose to do something kind even when you're having a bad day?
5. How can you use your happiness superpower to help someone else?

Ending Thought...

★ "What is one thing you can choose to do today to bring a little more happiness to yourself or someone else?"



Inclusive Representation / Educator Information Sheet

HAPPINESS IS FOR EVERYONE: A STORY OF BELONGING

Happiness Is for Everyone celebrates children of different backgrounds and abilities. The illustrations intentionally include diverse children, including children with mobility and hearing differences, so more young readers can see themselves reflected in the story.

The message is simple:

Everyone belongs. Everyone matters. Everyone deserves happiness.

For educators and librarians, the book can provide an opportunity to talk with children about:

Belonging
Kindness
Inclusion
Differences and similarities
Empathy
Friendship
Emotional well-being

Discussion Prompts:

“How do you think it feels when you see someone who is like you in a story?”

“How can we help everyone feel like they belong?”

