

## **Happiness is a Donut.**

A story about finding happiness on a gray day.

By Danae Biln

*[Illustration note for all pages: donut hidden on every page]*

Pg 2-3

*[Illustration: child wakes up to a gray morning]*

Sometimes we have good days.

And some are not so great. The sunshine might be hiding and the skies are kind of gray.

But if you look a little deeper, at something reeeeeaaally small

Happiness can be found in anything at all...

Pg 4-5

*[illustrations: child hugs parent in a blanket fort, a kitten hiding under a rug]*

Happiness is a donut or a great big hug!

It can be found in blankets!

It could be hiding under rugs!

Pg 6-7

Happiness is sometimes BIG

Or it could be small

*[illustrations: tasty food in kitchen, dad coming home from work]*

It might be in the kitchen!

Or waiting down the hall.

Pg 8-9

Happiness can be yellow. It can come in shades of blues.

It can even look exactly like your favorite pair of shoes!

Pg 10-11

Happiness is a donut...

A friend or mom and dad...

A nice warm bed, the color red and even sometimes....

feeling sad.

Cuz when we feel our feelings, they pass just like the rain  
We feel a whole lot better just like sun comes back again

Pg 12-13

Happiness is everywhere... you just have to look  
It can be in our favorite movies or this really silly book

*[illustrations: child curled up alone happy next to a fireplace, child building snowman with friends]*

Happiness is hot... or it could be freezing cold  
It can come in groups of people or when you're all alone

Pg 14-15

And if you're having trouble finding where it is  
You can always ask someone else to share their happiness

That's right it can be shared! In groups of any size!  
It can be found in normal things or even a...

Pg 16-17

*[illustration: surprise birthday party]*  
SURPRISE!

Pg 18-19

Happiness is a donut, or a birthday cake!  
It could be a birdsong or baby ducks swimming in a lake

Happiness is in winter, spring, summer, and the fall  
Happiness can be every shape or color

... but most of all...

Pg 20-21

Happiness is a feeling. It lives in you and I  
It stays with you all through the day... and also through the night

You can see it in a smile, and hear it in a song  
And happiness grows even bigger if you sing along

Pg 22-23

Happiness is a donut, or it could be two  
Happiness can mean anything that you want it to

Pg 24-25

The reason for this story, is to try and make you see  
That happiness is all around us... even in the air we breathe!  
Like the smell of butter popcorn at a summer fair  
Or the scent of fresh cut grass that can fill the air

Pg 26-27

Happiness is an instrument, or the cloud shapes in the sky  
Happiness is a great big slice of strawberry rhubarb pie

Pg 28-29

Happiness can be warm tea... a cold drink of water too

It can come from a paper airplane race... and chocolate fondue

Pg 30-31

*[illustration: child going to sleep]*

When the day is over, and the sun has gone to bed  
Happiness feels like the soft pillow under your head

It can sound like an owl's call and it can shine just like the moon  
Happiness is a dream and sounds like a lullaby's tune

Pg 32

If you're ever feeling lonely, sad, mad, or just blue  
Just remember to list all the things that happiness is to you

[leave blank lines for child to add to their list and draw their own drawings]