



Children's Book Network

HAPPINESS PROJECT

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Putting children and books on the same page

SEEING WEEK 2

Happiness Project Ideas for Children

Getting serious about happiness!

Reading is what CBN is about. We want to give you a gift. A gift of being able to go to other places, other times – and even into other people's minds. You can do all of that with books.

But it takes a little work. We are here to help you and it is well worth the effort. Because reading is also thinking. Just looking at the words on a page is not going to give you the gift. Thinking as well as reading is the top-secret information that we are giving you now.

The Happiness Project means thinking about what makes us happy and learning how to look for the small, small things make us smile and maybe laugh.

There are some practice reading and some ideas to think about. The more you read – and the more you think – the happier you could be. Just think about that.

The Happiness Project is in five parts. Each one is about one of your senses. This one is about Seeing. There is a difference between a quick look and really, really seeing what is there.

When you read the stories, we have given you here, you should do three things.

- Read once to get the idea of the writing
- Read again – slowly – to get the purpose of the writing (what the writer had in mind).
- Read and THINK about how the writing makes you feel.

Think about the writer. What ideas are in the writing? What feelings?

What do you feel when you read these words?

We have given you some writing ideas to write about in your Happiness Book. THINK first! Remember: Reading is about Thinking. The more you read, and the more you think, the more you will enjoy reading and the easier it will be.



What you will find in this Seeing and Reading Booklet:

Read Aloud with help from an adult – books supplied with this pack.

- Snake! A story of everybody seeing something different (and bigger!)
- Rufaro's great idea (A story about image – what hairstyle?)
- A song for Jamela (and Miss Chaka Chaka's Haircut)
- The Rainbow Birds! (a wordless story for you to write about)
- Fashionably You (About how we look and the message we send)

Read Alone

- Heart of Ochre – seeing and sensing in life
- Poetry – Eyes (from Alive in Africa)
- Big Cats – seeing with good reason! Plus a story about a lion cub and a boy
- Awesome Peepers (peepers is another name for eyes)
- The Day of the Triffids – (a bit scary)

Writing

- Journey – what do you see and feel?
- Rainbow birds (from read aloud) Write the story in 7 rainbow colours and make the pictures.
- Write about the hairstyle you would like to have
- Who are you?
- Write about who you want to be when you grow up.

Thinking

- Wallpaper Birds
- Colours
- Shadows

Activities

- Looking again – puzzle pictures
- Eye Spy with a difference
- Puzzle picture
- Questions to think about





HAPPINESS!

PROJECT FOR CHILDREN

READ ALONE

Eyes

In that nest on the tree top
Are five pairs of eyes;
On that stone a brown lizard
Is watching for flies.



Below in the water
The fish watch for prey
And the smaller things watch
To keep out of their way.

The bee looks about
For his food in the flowers;
The cat has been watching
That mousehole for hours.



There are eyes all around us
On stone, stick and spray,
And all see the world
In a different way.

Edith L M King



Heart of Ochre

Three stories from the old times

Written by Lesley Beake

- 1 Stillness
- 2 Learning
- 3 Being

Read these three stories carefully and think about the senses Bo uses in his time of quiet. Because he is still and quiet, he used ALL of them to understand his world and his community.

Now, write five sentences in your notebook (more if you like) about who Bo was and what time did he live in. Call your story 'The time of Quiet'.

Now draw either the cave where Bo waited, with the drawings on the walls, or the people in the story. Or you might draw your own hand-print in your notebook. You could do all three!

Stillness

Bo was very still. An ant crept over his foot, but he didn't notice. Quiet, that's what his father had told him. Focus. Be still. Bo listened to his father – always – so he was still, and he listened.

He was in a shelter not far above the river. The sound of the water was smooth on the summer stones, cool. At first, he had listened to it and his thirst had almost driven him out of the shelter. His father would never know! But he stayed.

The heat baked back from the rocks. He paid no attention. He was just still, just there.

Buzzing of bees came to him, but he did not look that way. He was thinking of his people. When he thought of them, he thought of his grandfather and the dancing. The dancing happened often. As Bo sat he could almost feel the footsteps in soft, dust, smell the ashes of the fire, hear the women clapping. He half-smiled at the memory, but he did not move.



On the rock wall of the shelter were paintings of animals, animals that Bo knew well. He knew their tracks in the dust and their smell. He knew the taste of some of them. Once, his mouth would have watered at that thought, but not now. He was still.

Much later, his father's voice brought him back from the place where his mind had gone.

'Bo? Come home.' Together, they walked back to where the others were. They did not speak.

In the shelter, moonlight crept across the painted eland and the elephant, the klipspringer and the duiker. In the shivering, silver light, they seemed alive; they seemed real

Learning

After that day of stillness, Bo had a better understanding of ... everything. There were other boys too, boys of his age group. They did not talk much. But their eyes had changed. They knew something they had not known before. They would look at each other, looks clear and open, but not sharing what they had found inside themselves. That would come later.

Their fathers had changed too, in the way they spoke to their sons, in the way they *were* with them. Other things changed too. Bo's friend Bau did not quite meet his look. Her eyes slid past his and she smiled a small smile that made Bo uncomfortable. Why?

But other things stayed the same. They still went – men and boys – to look for porcupines in the sandy hills. The old men taught them how to make snares for small birds with bent blades of grass. Less often than before, they went with the women to look for veld foods. Time passed.

There was a day when Tsau spoke at the fire, in the morning.

'Today, we will go hunting, not for meat, for the red earth!'

Bo felt a small prickle of excitement, a day away from the everyday things. A change. He hoped his face had not shown his thinking. It was good to be still, to be strong.



The men took their bows and arrows and their spears, they always did, something might come; something might pass. Bo took his own quiver with the arrows his uncles and grandfather had given him. He took his hunting spear that he had made himself.

There were several red-earth places near their summer camp. Bo had been to some of them, when he was younger. This time felt different.

The other boys were quiet too, but they were excited. The older men talked softly. It was best not to disturb the creatures that lived here. Sometimes one of the men would hold up a hand, for silence and everyone would concentrate on what he had seen, what he had heard. They made no kills. It was not really a hunting day.

Being

When they came close to the red-earth place, there was a change. Something in the tension between the men and the boys was different. There was an *importance* about the day.

First, they collected some of the red-earth in small duiker-skin bags they had brought. The red-earth was strong under Bo's fingers. He treated it with respect, as he would a hunting-animal. His father showed him how to mix the earth with water they had brought in an ostrich-egg. The red clay was smooth and silky under his fingers.

Then they made a small fire in the shelter nearby. There was nothing to cook. Maybe the fire was for comfort? Suddenly the sun seemed less strong, less bright.

Bo's father came to him and took both his hands. He pressed the red-earth onto Bo's right fingers and palm. He led his son to the rock. He pressed Bo's hand against the rough stone of the shelter wall. When he released his son's hand, there was left a memory of Bo – a handprint, red against the grey of the stone.

Gently, Bo put his hand back onto the image. It was him – but it was rock now, too. He looked into his father's face. He saw love there and care and concern. He kept his hand, carefully, on the small print he had made of himself. It fitted perfectly.



Bo smiled, and under his fingers the rock leapt and flew, like birds, like animals, like stars. Under his fingers the other world he had sensed on his day of quiet came true – came true and became part of Bo's heart.

Story by Lesley Beake





An extract from a story by Michael Morpungo: The Butterfly Lion:

So the white lion cub came to live with them in the farmhouse, He slept at the end of Bertie's bed. Wherever Bertie went, the lion cub went too – even to the bathroom, where he would watch Bertie have his bath and lick his legs dry afterwards. They were never apart. It was Bertie who saw to the feeding – milk four times a day from one of his father's beer bottles – until later on when the lion cub lapped the milk from a soup bowl. There was impala meat whenever he wanted it, and as he grew older – and he grew fast – he wanted more and more of it.

For the first time in his life, Bertie was totally happy. The lion cub was all the brothers and sisters he could ever want, all the friends he could ever need. The two of them would sit side by side on the sofa out on the stoep and watch the great red sun go down over Africa – and Bertie would promise the lion cub that he would never let him be sent away to live in a zoo.

*'Why don't you give him a name?' Bertie's mother asked one day.
'Because he doesn't need one,' Bertie said. 'He's a lion, not a person. Lions don't need names.'*

This is a really good book, by a famous author. IT tells the story of a boy who was lonely – until he made friends with a white lion cub. Look out for it in Book Club.


Lions are Big Cats – part of the family that contains lions, tigers, jaguars, leopards and snow leopards, clouded leopards, lynx and cheetahs. We are lucky to have two of those in Africa – lions and cheetahs.

These animals are hunters and their eyes are very good at finding things to hunt!

Activity:

In your Happiness Book, write 5 sentences about this story and draw an illustration (picture) to go with it.





Bet You Didn't Know!

8 cool facts about wild cats

Celebrate International Tiger Day on 29 July!

- 1 Tigers can eat more than **35kg** of meat in one meal—that's like eating **155 sirloin steaks!**
- 2 Cats see **SIX** times better at night than humans.
- 3 A big cat's sense of smell is **20 times** stronger than a human's.
- 4 There are **38** species of **wild cats** on the planet.
- 5 Each species of **big cat** has a **unique coat** for camouflage.
- 6 The **Bengal tiger** is **India's** national animal.
- 7 **Cheetahs** can accelerate faster than some **race cars**.
- 8 **Pumas** are also called **mountain lions, panthers** and **cougars**.

34 National Geographic Kids





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3 ALL-SEEING EYE

Don't try to sneak up on a **chameleon**. Because this remarkable reptile has **eyes on the back of its head!** Well, *kind of*. A chameleon can **independently rotate** and **focus each eye**, giving it almost **360-degree vision**. So it can look at **two different things** at the same time. Whoa!



4 BUG-EYED

Most of a **dragonfly's** head is made up of its **eyes**. Its prominent peepers allow the bug to see **nearly everything** around it, except what's happening directly behind. Dragonflies can also **tell colours apart** better than humans. Clever!



DRAGONFLY EYES

5 WHO'S SEEN MY SHADES?

Geckos would win any staring contest – these lizards **can't blink** because they **don't have eyelids**. Most have big bulgy eyes with **vertical pupils**, like some **snakes**. Because they can't close their eyes when it's bright outside, geckos' pupils **shrink to narrow slits** to **protect their eyes** from the Sun's rays.



6 WHAT BIG EYES YOU HAVE

A **tarsier** might be tiny, but its **eyes are bigger than its brain!** They help the **nocturnal primate** see better at night. A tarsier's eyes are **fixed in its skull**, but its **head can turn 180 degrees** to check out what's happening in its **Southeast Asian forest habitat**.



7 GIANT SQUID EYE

EYE SEE YOU

If there were a competition to find the **'Biggest Eye of Any Animal on the Planet'**, the **giant squid** would win tentacles down. Its eyes are the **size of footballs!** The **deep-sea cephalopod's** humongous peepers help it look out for its most feared predator – the **sperm whale**.



8 A LITTLE SHIFTY

An **octopus's** unique **dumbbell-shaped pupils** have a purpose besides just looking cool. They allow **light to enter the lens** from **different directions**, helping the super sea creature **detect colour**. But their eyes aren't the only things doing the seeing – some species of octopus can also detect light through their **skin**, which might explain why they're so good at **camouflage!**





The Day of the Triffids

This is a short extract from a book by John Wyndham. At the start of the book, the person telling the story is in hospital and his eyes are bandaged after an operation. He can't see. He can only listen and use his other senses to work out what is going on. It's scary. Because it is a Wednesday, but it sounds like a Sunday ... and then it gets worse ... There are screams and shouting, the noise of feet shuffling outside the door.

Should he take the bandages of his eyes? Will he be able to see? What if the operation hasn't worked? All these thoughts go through his mind as he listened to the sounds of a world gone wrong.

'A nasty, empty feeling began to crawl up inside me. It was the same feeling I used to have as a child in the dark.'

He sits on his hospital bed to think a bit. The previous night there had been an amazing display of green lights in the sky. All over the world, people went outside to gaze up at the sky and see something amazing – everybody except the man in the hospital with his eyes bandaged, so he couldn't see them. Maybe that had something to do with it? After a time of worry and fear, he decides to take the bandages off. First, he pulls down the blinds and then he unwinds the bandages. Imagine his relief when he can see.

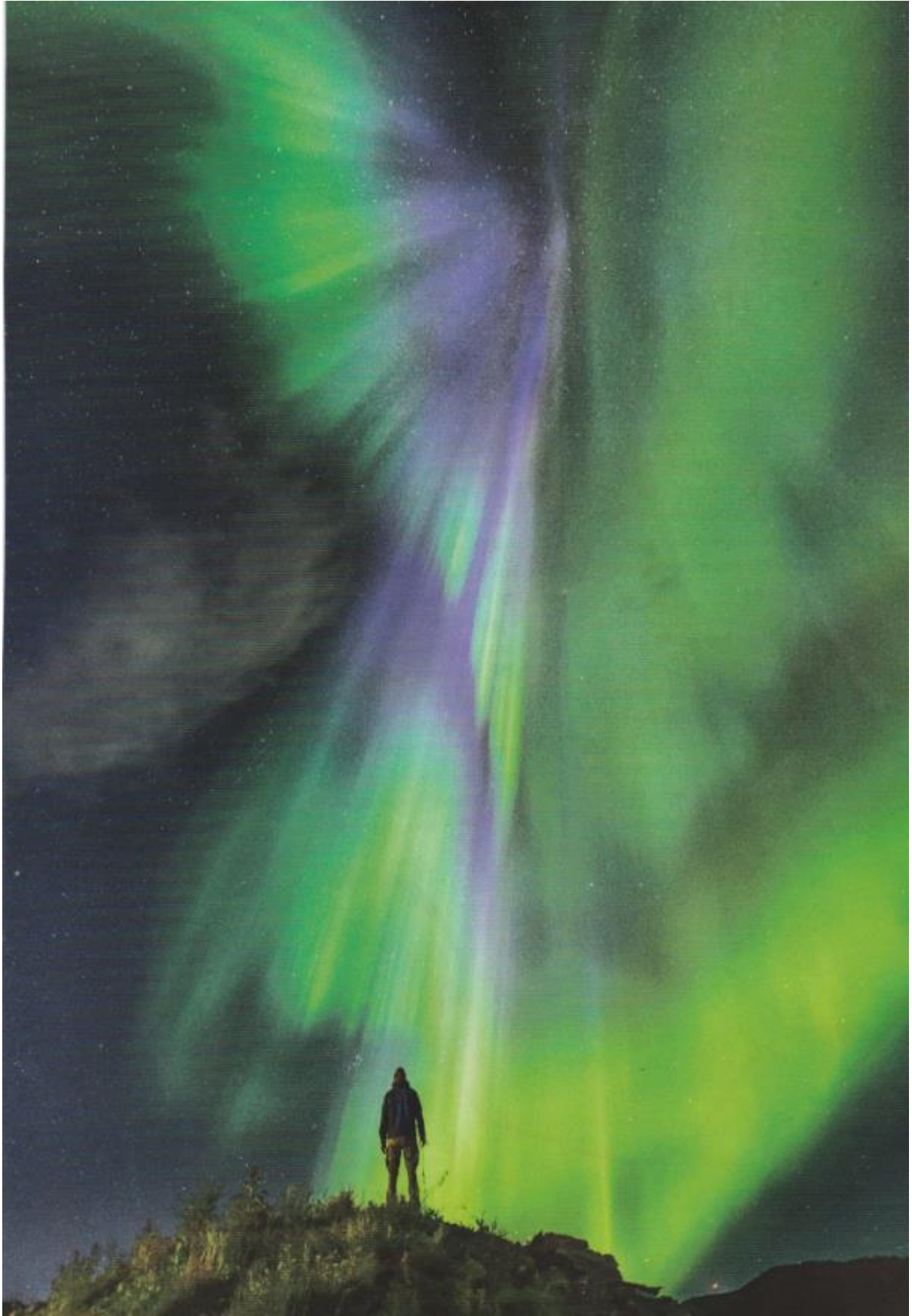
But WHAT does he see? Everybody who looked at the display of green lights in the sky has gone blind. Only he, and a few others, who were for some or other reason not able to get out and look, stays able to see. The world has changed forever and he has no way of knowing what to do. Everybody has to rely on their other senses – listening, smelling, hearing and touching. Everyone is frightened – and he is in danger.

Close your eyes and try to imagine what it would be like to be that man. Write down five things in your notebook that you would have to think about, think about VERY carefully. Take some time to do this. The first things you think of may not be the most important, or the most urgent. Remember that everything will have come to a stop. No transport. No social media. No shops open. No emergency services. You will be on your own ...



The picture with this is of the Northern Lights – which ARE safe to look at!

Use the big colour picture to complete this activity.





WRITING

MY HAPPINESS NOTEBOOK!

This is my own book and I can write what I like!

It does not have to be neat!

I can write over, colour in or do-it-again!

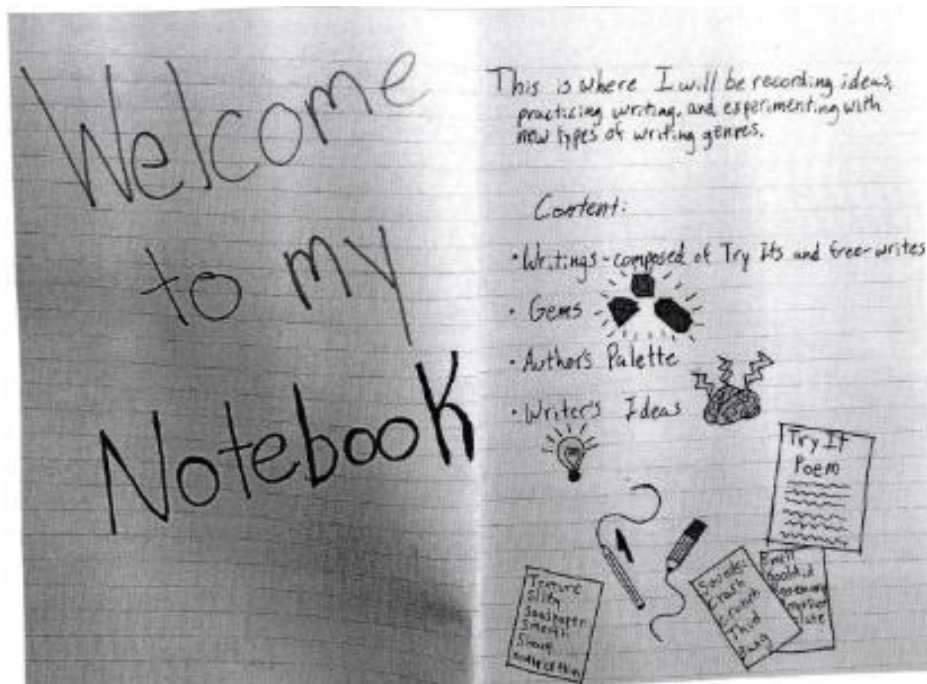
I don't need to tear out any pages. I can keep everything I write in this book.

This is my book for MY ideas

It is also where I write the exercises on this project.

This book is for me to enjoy!

A WRITER'S NOTEBOOK





Thinking and writing:

About the writing exercises

Reading. What is it about? It is about getting ideas, thought, feelings, emotions from one mind and heart to another. From the mind of the writer, to the mind of the reader. From the heart of the writer, to the heart of the reader.

In this project, we are asking you to read more carefully and to think and write about what you read or see in the pictures.

You will get better and better at reading and thinking! Think about learning to swim or ride a bicycle. It is difficult when you start. It gets easier and easier. After a while you do it without thinking. You just do it.

Reading is like that too. Come with us on this easy way of learning!





THINGS TO DO IN YOUR HAPPINESS BOOK

Thinking and writing about seeing

JOURNEY

For this exercise you are going to start by closing your eyes. What do you see? Red? Black? Stars?

Keep your eyes shut. Think about a journey. You are going to use your imagination. You can decide:

What you are travelling in?

A car?
Ship or boat?
Aircraft?
Submarine?
Spacecraft?

Keep your eyes shut. Imagine what you see outside the window. Look at it very carefully before you open your eyes. What you saw out of the window was the *landscape* of your journey. (LANDSCAPE)

Now think about these questions:

- Was this a real journey that you remembered? (Like going to your grandparent's house?)
- Was it something you made up? (Like a trip into space?)
Was it something that you imagined, but using facts from something you read, or heard, or saw on TV?

Activity: You are going to tell the story of your journey to a friend or parent. You might want to think about it first and maybe make a few notes. This helps when you come to tell your story out loud.

Planning a story:

- What happened?
- Who was there?
- When did it happen?
- Where did it happen?
- Why did it happen?

If your story is successful, you might want to write it down, so you remember it.



Reading and thinking

In the story you are going to read or hear, the traveler is returning home after being away for many years. Now he is going home. He looks out of the window of a small plane, and this is what he sees.

'And now the aeroplane is flying and below me there are shining city buildings, their walls made of glass. Now we are flying over shops and houses with swimming pools, like jewels in the sun, and places where cars are parked in rows and rows and rows. There are soccer stadiums and squares of dust filled with small, small houses.

There are factories now, with scrap-heaps full of rusting machines. There are small farms with big houses on them and red roads running over green land.

'Now we are flying over wild land where farmers do not come.

"Look down," the pilot says. "You might see elephants." And I look, and I do see elephants, and I know I am close.

We are bumping down the airstrip now. The noise of the plane stops, and the door opens. A man is waiting there for me. I know him from the pictures they have sent. He is my brother.

"Misizi?" he asks.

We go in his small, white truck and we drive the road that I remember – the road I last walked with my father.

There are some boys watching cattle near the village and I remember the way they raise their hands in a lazy wave as we pass. I did that once.

And there are girls carrying water home in buckets, red and blue and yellow, balanced on their heads. I smile, and they smile back.

'I walk like a dreamer to the cattle kraal and I see a black bull – not the same bull from my childhood, but a fine bull. He comes over to me and I touch him.

"Hello, son" my father's voice says gently.

I drop my face onto the bull's neck. I smell home.'

From *The Message* by Lesley Beake, published by Cambridge University Press in their Rainbow Readers series in 2007.

What Misizi sees is the landscape of his home. It is also the landscape he feels inside his heart. Landscapes are very important to humans. We all have our own special place – where we feel at home. Landscapes that are different can be frightening because we don't understand them. Before people started to travel so much, they were only happy with their own landscape.



Book Review: <https://www.childrensbook.co.za/books/journey>

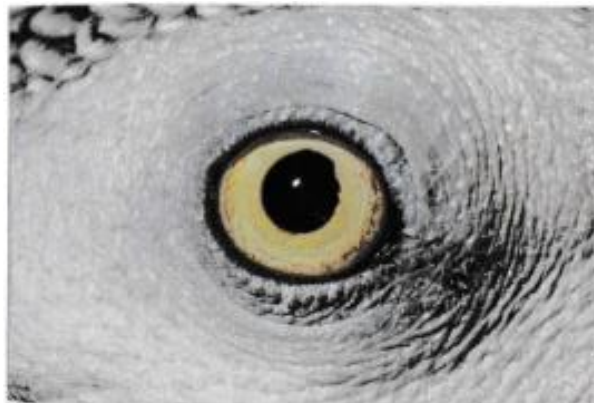
WRITING GAMES 1

These writing games are for you to have *fun* with in you Happiness Book. You can write as much as you like and make drawings or decorate.

What do you like?

(Write this in your Happiness Book and decorate!)

- 1
- 2
- 3
- 4
- 5



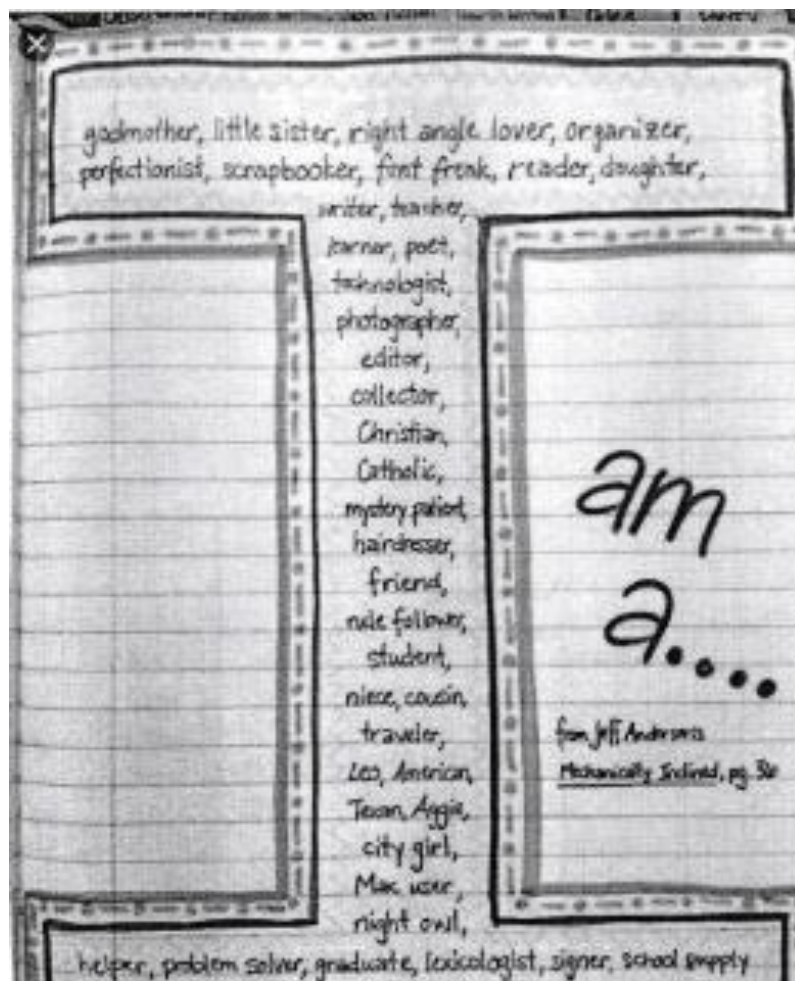


WHO ARE YOU?

Make a big alphabet letter like the one below. It could be 'I' or it could be the first letter of your name. Write the word that say who you are.

Some ideas:

Daughter, son, friend, brother, Grade 5, teenager ... think of words that describe you best.





THINKING!

This section is about reading – words and pictures – and then thinking about what they mean.

1

Shadows

Your shadow is always with you – except in the dark.

Take a few minutes to look at your shadow and watch what it does. Some of you have the Book Dash book Teju's Shadow. If you don't have it, ask the other children until you find one to look at.

Teju is afraid of his shadow because it seems to be following him.

This picture is from a strange book

Play with your shadow and watch what it does. Then write 5 sentences about it.





2

Wallpaper Birds!

This picture is from a strange book by a famous artist called Chris van Allsburg. Some of you might have seen a film of another of his books called *The Polar Express*.

This book is called: *The mysteries of Harris Burdick*. It tells the story of a man who visited a publisher to talk about his book. The publisher said he was interested, so the man left 14 strange drawings for 14 stories. Each drawing only had a title – not the story. The man never came back.



Look carefully at the drawing of the wallpaper.

The title of the story was: *The third-floor bedroom*. The caption (words that go with a picture) said: *It all began when somebody left the window open.*

Look again at the picture. What is happening? What could happen?

Now write a story in 5 sentences about the mysterious drawing.

3

Colours

What are your favourite colours? Write 5 sentences about things you love because of their colours.

Example:

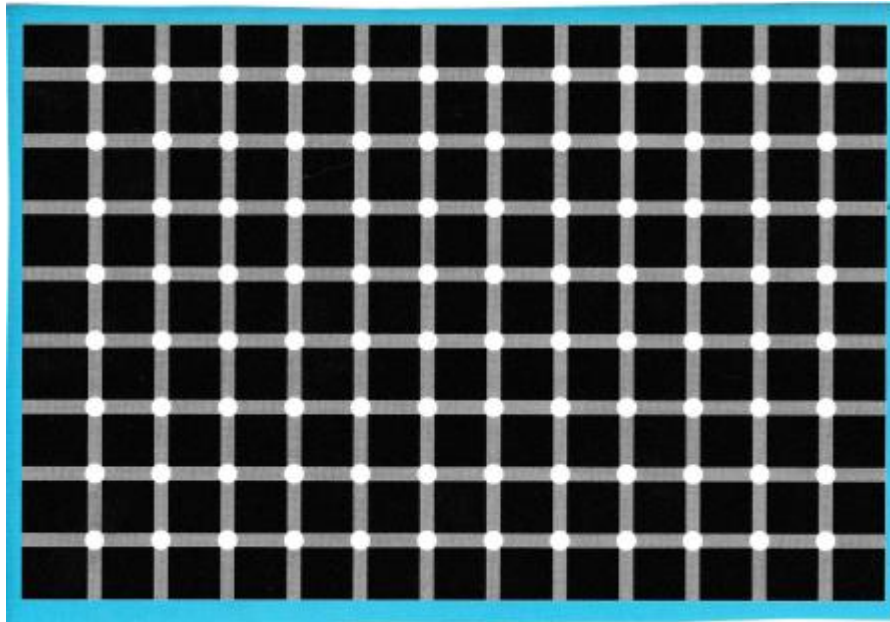
A love red roses because they make me think of my Granny.

Now you write 5 sentences about colours in your Happiness Book. You might draw some pictures to illustrate the sentences as well!



ACTIVITIES!

LOOKING AGAIN - PUZZLE PICTURE



Do this: Shift your eyes around this grid and watch as the dots change from grey to white and to grey again.

I-Spy with a difference

You all know how to play I-Spy? This time you are going to play it differently. You need two players to make it work – find one of the other CBN readers and play together.

A

First Player finds the biggest thing they can see.

'I spy with my little eye, something beginning with ... S ... '

Answer might be: 'Stanford'

The next player has to choose something smaller than Stanford!

You can get right down to very small things like ants – or even smaller.



B

Next time you play the game, you go from very small too big.

RULES:

A player is out when they can't find a bigger or smaller thing to spy!

PUZZLE PICTURE ~ HIDDEN OBJECTS



ILLUSTRATED BY DAVIS KLUIG

wedge
of orange

pencil

football

fishhook

envelope

flower

comb

horseshoe

mug

candle

artist's
brush

hammer

golf club

sailboat

26



Questions to think about and write about in your Happiness Book

Chose as many of these as you like. Think about the question and then write your answer and say why.

- Who would you like to meet most in the world?
- If you could be any animal, what would it be?
- If you were a flavour of ice-cream, what would it be?
- What is your favourite funny story?
- Who is your favourite super-hero?
- If you could talk in your sleep, what would you say?
- Where would you like to go in the world, and why?
- What is your dream job?
- If you could buy anything, what would you buy?
- What is the thing that annoys you most?

References and Acknowledgements

We have quoted, with thanks, short extracts from several books that will be reviewed on CBN's website.

They are:

The poem 'Eyes' from *Alive in Africa*, compiled by Jay Heale and published in the *Rainbow Readers* series by Cambridge University Press in 2007.

The Message, by Lesley Beake from the same CUP series.

Butterfly Lion by Michael Morpungo published by Harper Collins Children's Books in 1986

Awesome Peepers, and *8 Cool Facts* from *National Geographic for Kids*.

A retelling from *The Day of the Triffids* by John Wyndham.