

Little Mouse and the happiness flowers

Little Mouse was having a hard day. He had felt grumpy and sad from the moment that he woke up and the feeling had grown and grown all day.

His mum noticed that he seemed to be having a tough day and she invited him to come on a walk with her to a place where there were pink and purple wildflowers growing.



They sat together and watched the creatures that visited the flowers and Little Mouse picked one pink flower and one purple flower. He counted the petals on each and looked closely at the centre of the flower where the pollen is. He didn't speak at all, he just noticed different things about each flower.

His mum smiled at him when he looked up and he smiled back at her. Little Mouse noticed that he felt much happier. His mum told him that it was because nature can make us feel better if we spend a few minutes outside looking at something from nature.



Little Mouse was amazed and wanted everyone to know. Next time you feel low try it and see. If you can't get outside, even looking at a picture of a flower, insect, leaf or tree can make your brain release chemicals that make you feel happier.

Little Mouse took his flowers home and pressed them so that he could always remember the day he discovered the 'happiness flowers'.