

Tatjana Gjurković & Tea Knežević

Fox learned that happiness comes from within

Illustrations:
Jelena Brezovec



Basic emotions:

HAPPINESS

+

Advice for parents
and caregivers

Impressum

Tatjana Gjurković i Tea Knežević, magistre psihologije

Lisica je naučila da sreća stanuje u srcima

7. izdanje

Nakladnik: Evenio d.o.o.

Urednica: Jelena Kovačić

Ilustracije: Jelena Brezovec

Grafička priprema: Jelena Brezovec

Lektorica: Isidora Vujošević

Tisak: Denona d.o.o., Zagreb

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Varaždin, svibanj 2024.

ISBN 978-953-8008-78-8

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Priče grade put do srca

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Material things and
a sense of happiness

Every person feels happy when they receive something they want as a gift or when they purchase something they want. However, the question is whether we are happy because we own something or because of the experience we'll have using that thing.

Happiness is one of the so-called basic emotions. Basic emotions appear in all cultures and from the earliest age. By the end of the 6th month of life, a child expresses all four basic emotions (anger, fear, happiness, sadness).

We live in an age of material abundance, and we can generally afford children a wider choice of toys and other things. A child will show happiness when he gets something, and adults enjoy seeing their child happy, so they repeat this action until it becomes unconscious behaviour on both sides. Child persistently seeks new things to feel happy, and the parent buys him new things for the same reason, to feel happy because the child is happy.

However, it's interesting that when we get something, happiness usually lasts very short, and we already want something else. The same thing happens with children. On the other hand, children will always say they are happiest when their parents play and talk with them. Happiness is not in the toy, but in playing with parents or friends, in the attention and time that the child receives.

This picture book contains a therapeutic story about a little fox who thought that she would be happy if she got a lot of new things, but her grandfather taught her that good feelings are not found in the toy, but in the experiences we have with others.

At the end of the picture book, there are also tips for adults that will help you direct your child to the right sources of pleasure and happiness.

In addition, reading to your child, your soothing voice, attention and the closeness you establish with the child you are reading to, is a big step on the path to healthy development of your little one.

Enjoy these moments together. ♥

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Hi! I'm a little fox and I love getting toys and sweets.
That's when I feel happy. Isn't it wonderful to get a new toy?!
It's the best thing in the world.

But my grandfather told me something that really made me think.
He says I'm not happy because I got a toy, but because I can
play with it. I think I now know the difference between a toy
and playing. If I had to choose, I would choose playing with
friends because then the happiness lasts much longer than
when I just hold a new toy in my hands.

Make yourself comfy and listen to my story...





– Grandpa! Grandpa! – little fox ran excitedly to her grandfather.
– Look what I have! Fireflies! A lot of fireflies! I found them all!
Now I will be happy forever! – she proudly pointed to the glowing pile,
then spread her arms happily and jumped on the spot.

– Oh, my dear! What do you mean by that? – grandfather asked.
– My friend told me that I would be happy forever if I catch all the
fireflies in the wood!

Fox remembered there are some other things that would make her happy.



– I also want wooden toys, a lot of berries, and for my daddy to build a tree house. And that's it. Then I will be even happier! – little fox explained to her grandfather.

Grandfather looked at her tenderly and listened carefully, and then he asked:

– Oh, so you think that many new things will bring you happiness?

– Yes! That's right! – fox replied excitedly. – I've seen that mum is happier when dad brings her lots of berries. I also feel very happy when I get presents.





– My dear little fox – grandpa said gently – all these things come and go. Fireflies will live a very short life if you don't let them live freely. And they won't shine for you anymore. Berries will be gone once you eat them. Flowers will wither.

– When we have many things, we think they make us happy. But they are outside of us, and happiness lives within us, in our hearts – he continued to explain to his granddaughter, gently placing his paw on her heart.

