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Hamster found happiness in peace and quiet

Illustrations:
Jelena Brezovec



Basic emotions:

HAPPINESS

+

Advice for parents
and caregivers

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Priče grade put do srca

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Restless and loud
happiness versus calm
and quiet happiness

The emotion of happiness is universally recognizable by facial expressions, and in children it can be accompanied by loud screaming, clapping, running in place or around the room, and loud laughter. 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).

There is no prescribed way to express happiness, but an integral component of this emotion is certainly a feeling of inner peace. We will feel happiness more easily and faster when we feel inside that everything is okay with the world around us, that we are safe and that we can be relaxed and carefree. Happiness can be felt through exciting and dynamic experiences, but also through calming techniques that bring deeper satisfaction and the experience of joy. We live in a time when children are overstimulated, constantly exposed to various information and content, so more and more experts advise introducing new routines such as deep breathing and relaxation, to help children establish a healthy emotional balance.

This picture book contains a therapeutic story about a hamster who expressed happiness loudly and actively but was given the opportunity to get to know this emotion in a different way, as a quiet and calm sensation, or as something that brings a sense of security, warmth and fulfilment.

At the end of the picture book, there are also tips for adults that will help you direct your child to his inner world and help them balance the restlessness caused by strong stimuli from the environment.

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 hamster and I love to run, explore, and play all over the house. My mom sometimes tells me that I scream and jump too much, but what can I do – this makes me very happy. When someone is happy, they scream loudly with happiness. Isn't that right?

That's what I thought too, but then my mom showed me and taught me how to feel and show happiness in a calm and quiet way. And I really liked that.

Make yourself comfy and listen to my story...





Hamster came home from kindergarten very happy and excited. He was so happy that he started to run all over the house, jump from chair to chair and throw pillows in the air.

– Mommy, mommy, let’s play something! – hamster was shouting.
Mum and dad were glad to see their little hamster so happy, but they didn’t like his jumping and shouting all over the house.



Mum managed to catch him as he ran from the living room to the kitchen and said to him:

– Hey, I can see you are in a very good mood today. You are happy and you have a lot of energy. Sometimes, when we have a lot of energy, we don't take care of ourselves or things around us. It's important to me that you be more cautious and careful while you play.

– But mum, when I jump and shout, I feel so happy! Then I have a big smile on my face! – little hamster said proudly.



Mum then explained to him that happiness can really be strong and then we feel it as if it is moving our whole body. For example, when we succeed in something, when we celebrate a birthday or New Year's Eve, when we play with friends in the park or playground, when we dance or cheer. But happiness can also feel different.



– How different? – hamster asked, confused.

