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Lioness found she can be happy for others

Illustrations:
Jelena Brezovec



Basic emotions:
HAPPINESS
+
Advice for parents
and caregivers

evenio 



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Lavica može i zna biti sretna zbog drugoga
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Feeling happy for others
and their success

When we think of happiness, the first thing that often comes to mind is children. Not only are they the greatest happiness in life for many adults, but children are excellent at showing and spreading this positive feeling.

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).

It is known in psychology and many studies have shown that happiness is truly “contagious”. Although happiness is something different for each person and will be described differently, what this feeling carries is the potential for us to positively influence other people with our happiness. On the other hand, if we can sincerely be happy for someone else, for their successes and achievements, share their happiness even though nothing significant has happened to us, our lives will be richer, more pleasant and healthier.

It's often taken for granted that children spontaneously feel happiness and that nothing special needs to be done about it. However, we can definitely teach and encourage our children by example to absorb pleasant emotions and joy that come from other people. Receiving is just as important as giving, especially when it comes to pleasant emotions.

This picture book contains a therapeutic story about a lioness who did just that. She absorbed the happiness of her friends and although nothing specifically happened to her, she still felt cheerful, pleasant and warm in her heart.

At the end of the picture book, there are also tips for adults that will introduce you to the social aspect of happiness and ways in which you can encourage your child to be open to the emotion of happiness that comes from other people.

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. ♥

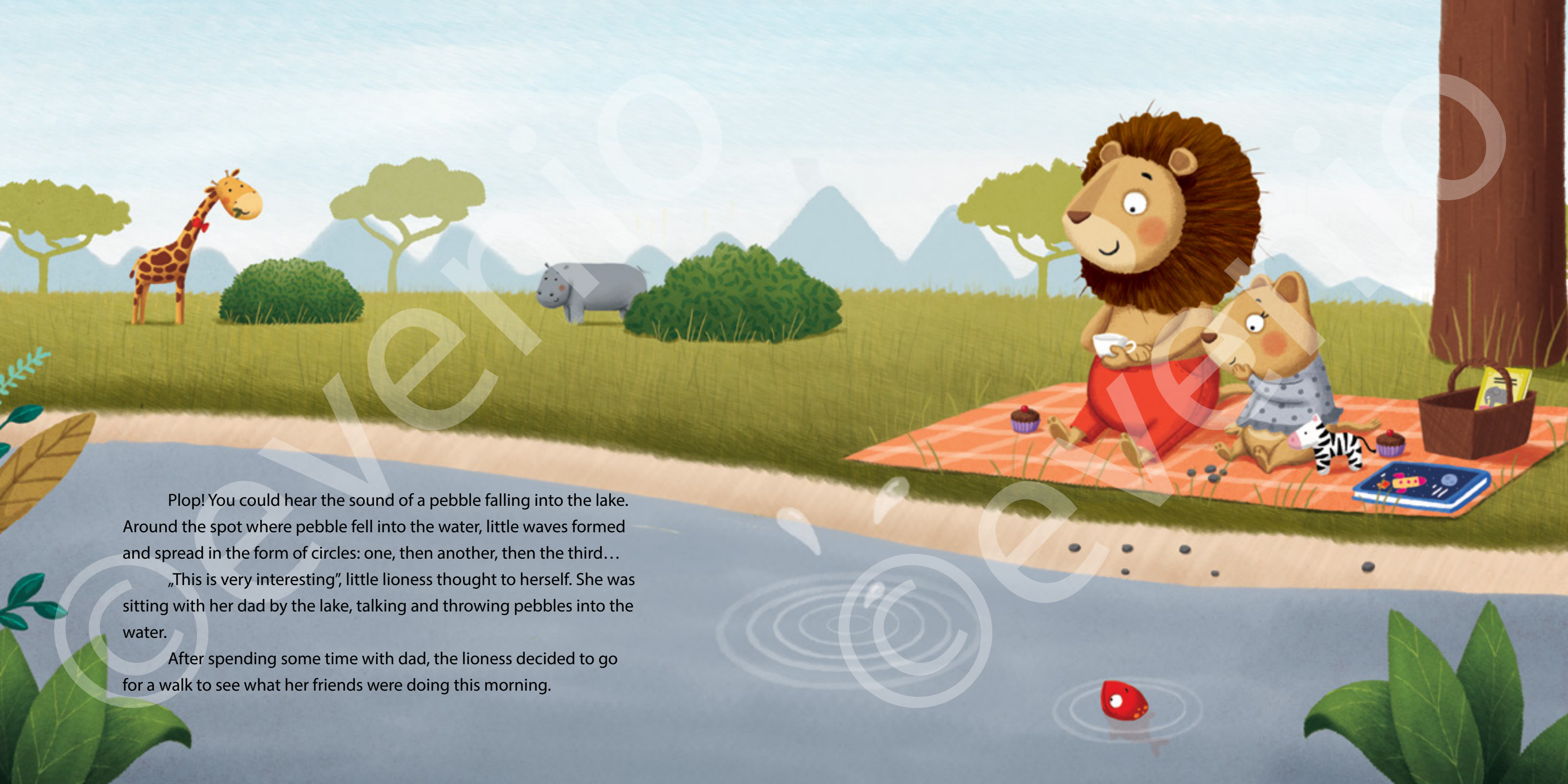
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Hi! I'm a lioness and I love talking to my dad. Every morning we have breakfast together by the lake, and then I usually play with my friends.

A few days ago, something really nice happened to me. Actually, nothing happened to me, but to my friends. Yet, it also made my tummy happy and my heart feel warm because they were so happy and full of joy.

Make yourself comfy and listen to my story...





Plop! You could hear the sound of a pebble falling into the lake. Around the spot where pebble fell into the water, little waves formed and spread in the form of circles: one, then another, then the third...

„This is very interesting“, little lioness thought to herself. She was sitting with her dad by the lake, talking and throwing pebbles into the water.

After spending some time with dad, the lioness decided to go for a walk to see what her friends were doing this morning.

First, she came across a group of animals exercising in the fresh air. There she saw her friend the ostrich. He was listening to the leopard talking about something very important.

„Oh yes“, lioness remembered, „my friend is having his first running training today, which he told me about yesterday. He was so happy and looking forward to it.“

At that moment, the ostrich caught the eye of his friend, lioness, and smiled at her with great joy and thrill, and there was a special sparkle in his little eyes.

Lioness felt pleasure and warmth in her body when she saw something nice happening to her friend ostrich, which is also very important to him. She waved at him cheerfully and moved on.



She turned towards the river. She knew that she would meet her friend the crocodile there.

As she was coming closer, lioness noticed his head was high and there was a satisfied smile on his face. Crocodile was not alone.

– I helped little turtle today! Her leg hurts and she can't swim, so I have put her on my back and gave her a ride across the river – crocodile said proudly and happily. – Turtle told me I'm a very good friend and that I have helped her a lot.

The lioness listened to the crocodile and noticed that what she heard made her happy too. Her heart felt warm – both for the crocodile and for the turtle. It is so nice to help someone, but also to receive help.

