

Happiness Heroes



Happiness Heroes

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partnership
with I Am Me.



Hi, I'm Harry – and I'm the
Happiness Superhero!

My superpower is making
children feel good
about themselves!



It's my job to help my team of
Happiness Heroes work together
to help everyone feel more
confident and happy!



There are Happiness Heroes
all over the land.
Do you want to join us?

Let me show
you how we work.



This is Macey.

Macey is a
Happiness Hero
in her school.

She is in Primary 6.



She looks out for her
classmates and younger
children who are
feeling upset.



So that everyone knows she is a
Happiness Hero, she wears a badge like this:

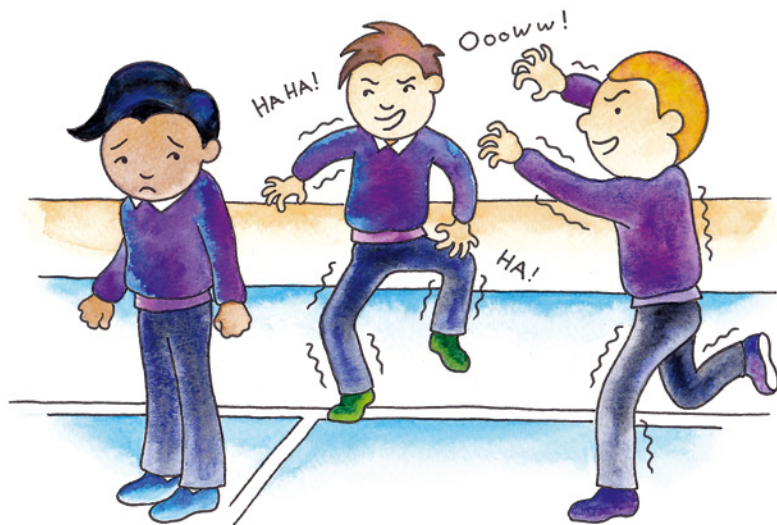


That's a sign to the other
children that they
can come and
ask her for help.



This is Jags.

Some boys in his class make fun of him because he has epilepsy. When you have epilepsy you sometimes have seizures.



When Jags has a seizure
he falls over and shakes, or
sometimes he just stares into
space, like he's dreaming.

He needs someone to stay with
him until he feels better again.



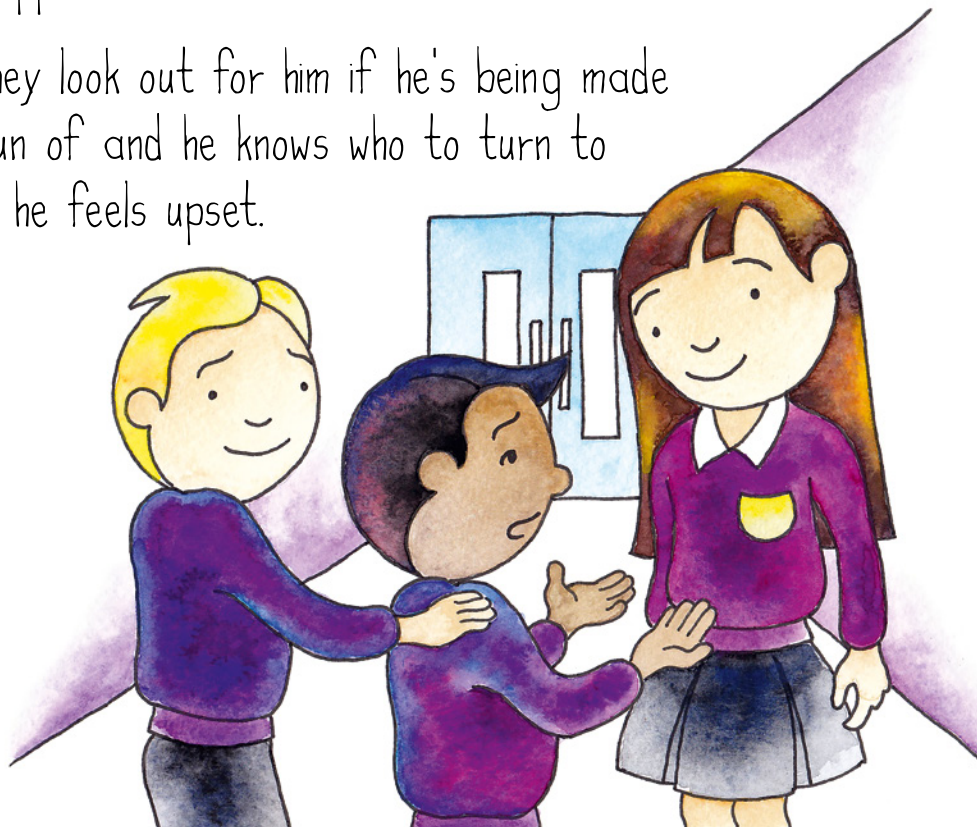
When people make fun of his
seizures he feels really upset.

I don't blame him,
I would too.

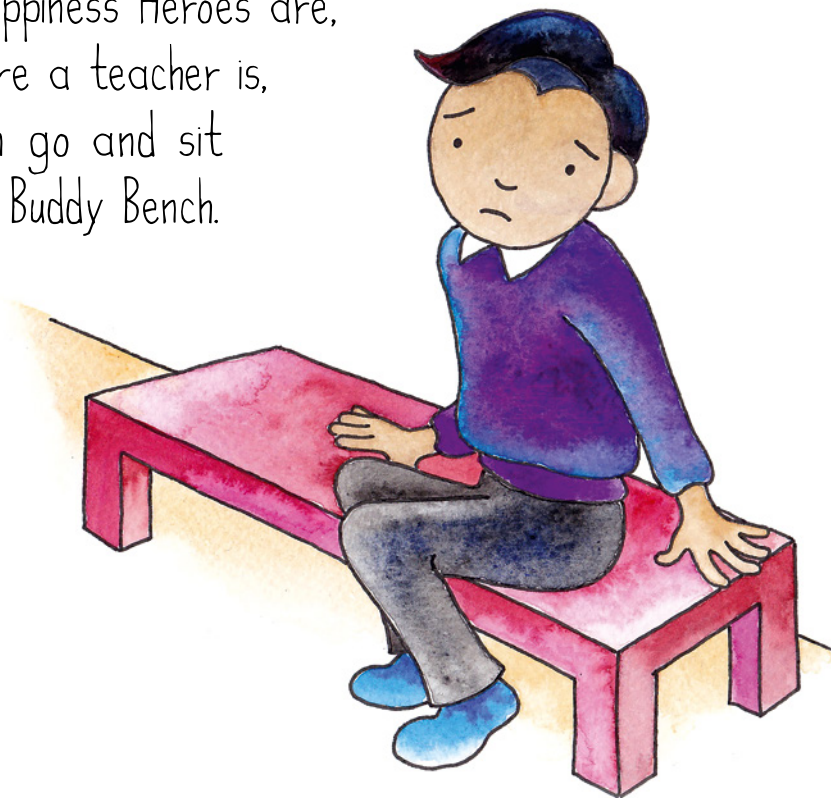


But luckily, Jags has
Happiness Heroes at his school.

They look out for him if he's being made
fun of and he knows who to turn to
if he feels upset.

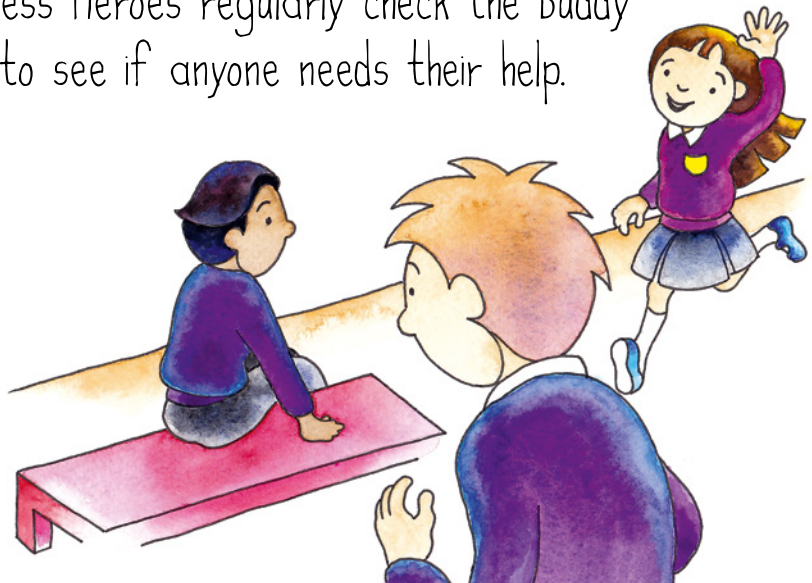


If he is unsure where
the Happiness Heroes are,
or where a teacher is,
he can go and sit
on the Buddy Bench.



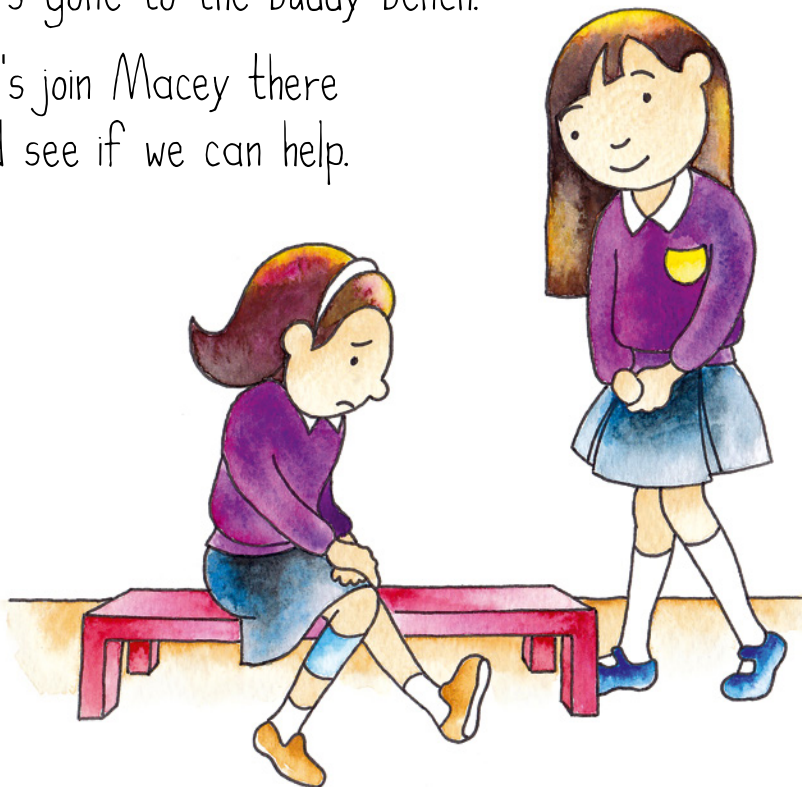
The Buddy Bench is a seat in the playground where you can go to sit if you are on your own and would like someone to come and talk or play with you.

Happiness Heroes regularly check the Buddy Bench to see if anyone needs their help.



Look there's Sara –
she's gone to the Buddy Bench.

Let's join Macey there
and see if we can help.



Some girls have been making fun of Sara saying she can't run fast and copying the way she runs. Sara has a problem with her leg, it's something she was born with and she can't help it.

Making fun of that makes her really upset.

She feels a bit better after talking to Macey.



Come on Sara and Macey –
you can help me with the next bit!

Would you like to be a Happiness Hero?

It's easy! All you have to do is
agree to these rules to become
part of my superteam!



RULES

Happiness Heroes:

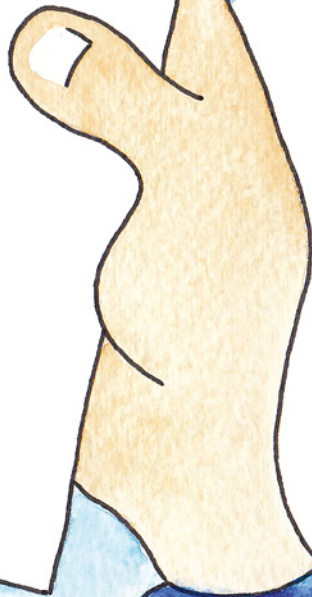
DON'T call people names

DON'T laugh at people

Happiness Heroes:

DO speak up for people

DO help younger children feel safe



You might have other ideas of what you'd like the Happiness Heroes to do in your school.

You'll need to design a badge – that way everyone can tell you are on my team!



Oh, and a Buddy Bench!
Where would you like to put that?
Would you like to decorate it?

You can talk about all
of these things and decide
what might work for you!



I hope that you've enjoyed learning
about Happiness Heroes, my friends!
I'd be happy to have
you on my team anytime!

Bye for now!



Write or draw your ideas for your
school's badge and Buddy Bench here:



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Scotland's voice for epilepsy