

# GROW HAPPY



by Jon Lasser, PhD, and Sage Foster-Lasser  
illustrated by Christopher Lyles



My name is Kiko.

I'm a gardener.

**I grow happy.**

Let me show you how.





I can grow happiness  
**by making good choices.**

First, I choose a spot for planting.  
Not here—Chico might dig up the garden.







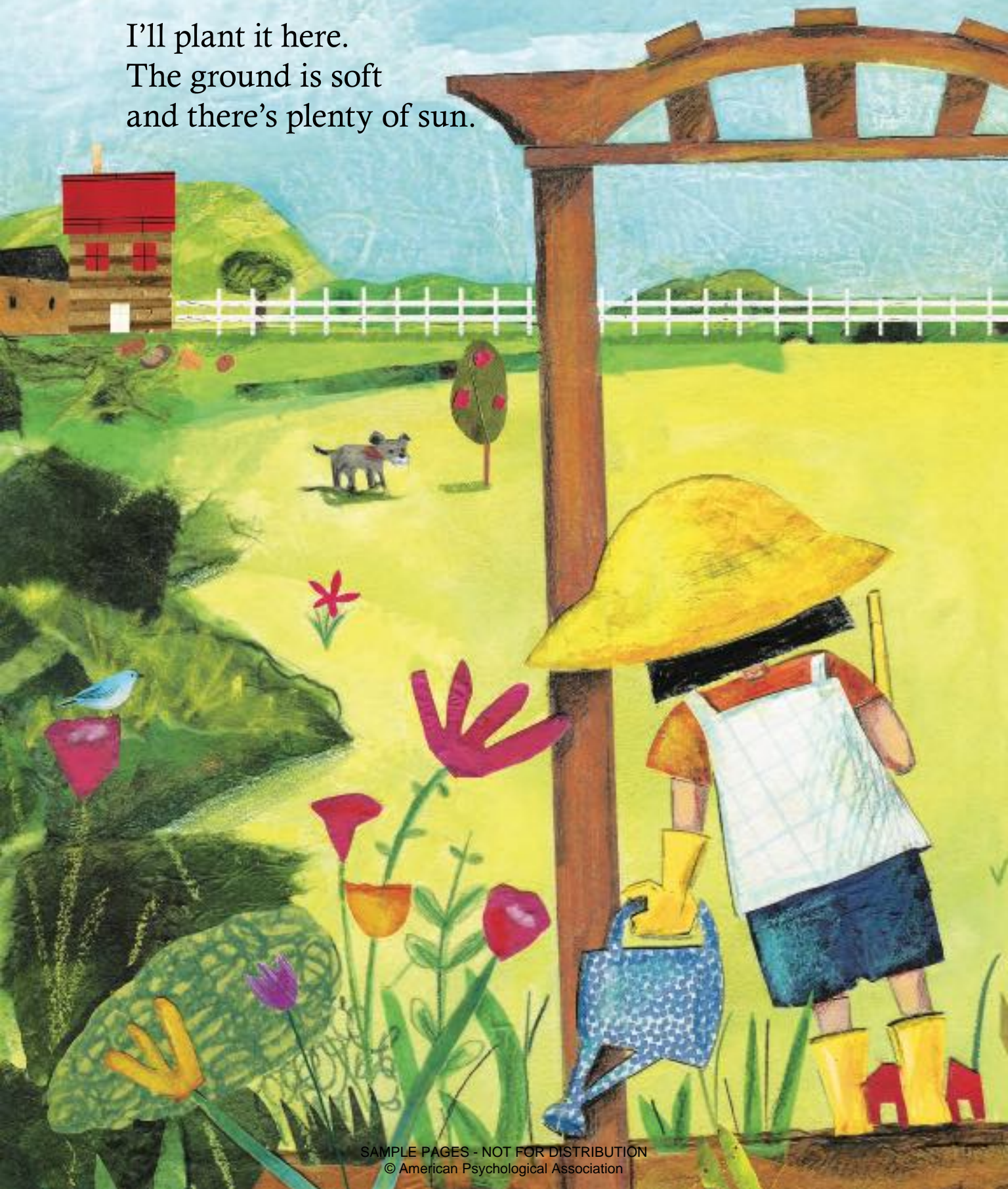


Not here.  
That's where my brother  
plays with his friends.





I'll plant it here.  
The ground is soft  
and there's plenty of sun.







Next, I pull the weeds.

Dig some holes.



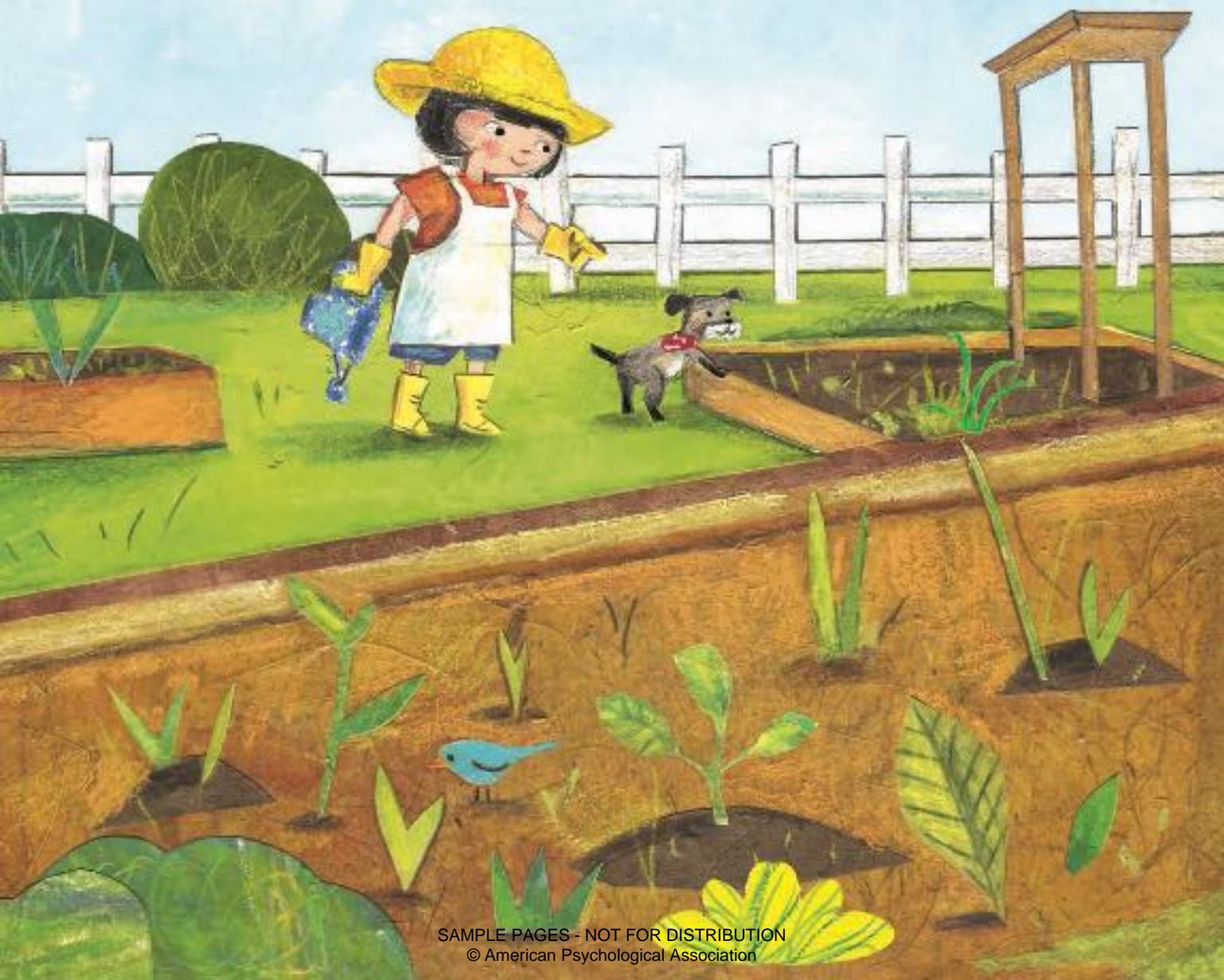
Plant the seeds.



And sprinkle the water.



Look, it's starting to grow!





# GROW HAPPY

**My name is Kiko. I'm a gardener.  
I grow happy. Let me show you how.**

Kiko shows the reader how she grows happiness: by making good choices, taking care of her body and mind, paying attention to her feelings, problem solving, and spending time with family and friends.

Kids will learn that they can play a pivotal role in creating their own happiness, just like Kiko.

**A Note to Parents and Other Caregivers** provides more strategies for helping children learn how to grow happiness.

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