

World Book Day 2026



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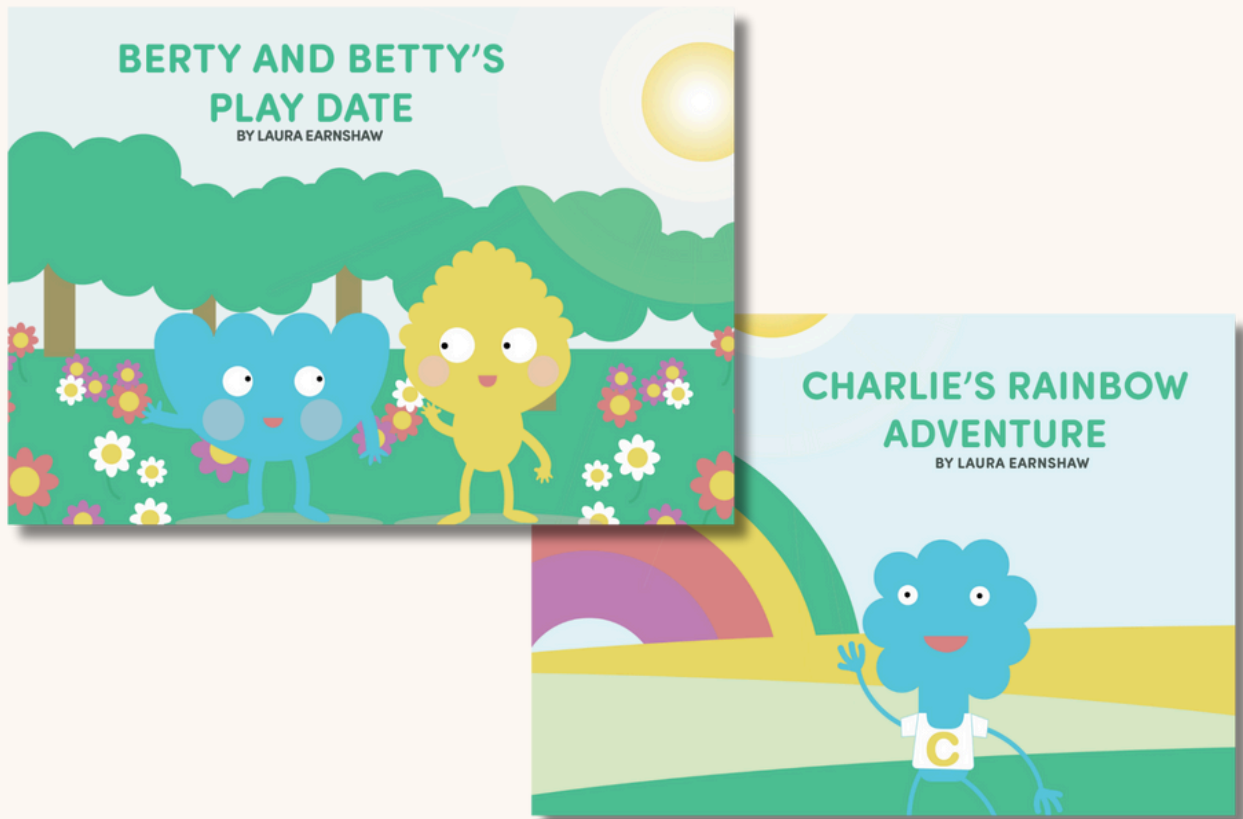
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myHappymind Meets World Book Day

World Book Day is a wonderful opportunity to celebrate reading, stories and imagination! At myHappymind, we also use this day to explore stories that help us reflect, connect with our feelings and build emotional wellbeing. Whether it's through reading, creative activities or dressing up, these activities encourage curiosity, empathy and self-awareness which are all key parts of myHappymind principles.

Here are some engaging ways to celebrate World Book Day while linking with myHappymind principles.



Activity 1: Story Sharing & Reflection

Purpose: Encourage reading, reflection and discussion around feelings and personal growth.

How to do it:

1. Pick a myHappymind story book or one of our relatable stories. You can find the stories by [clicking here](#).
2. Gather a group of children and read the story together, either aloud or individually.
3. Use the reflective prompts to discuss the story and relate it to real life.
4. Encourage children to draw, write, or share their thoughts about the story.

myHappymind Link: This activity builds emotional literacy, empathy and self-reflection, helping children connect story experiences to their own lives.



Activity 2: Create Your Own Story

Purpose: Foster creativity and personal expression.

How to do it:

1. Give children a simple template or blank sheets to create their own story.
2. Encourage them to include:
 - A main character (this can be themselves or a myHappymind character).
 - A challenge or emotion the character faces.
 - How the character overcomes it using myHappymind habits (e.g., Happy Breathing, Gratitude, Relating, Character Strengths or Goal Setting).
3. Once their stories are written, the children can share them in pairs, small groups or with the class.

myHappymind Link: This helps children practice self-expression, problem-solving and understanding emotions through narrative.



Activity 3: Story Trail – Find the Characters!

Purpose: Make reading interactive and fun while connecting with myHappymind stories.

How to do it:

1. Print out the story book front covers from the next few pages of this document.
2. Hide them the school library, classroom, reading area or outside space.
3. The goal is for them to find all of the characters' hiding places.
4. When all characters are found, gather together to discuss the stories and share reflections.

myHappymind Link: This activity combines movement and stories with emotional reflection, making an interactive and mindful experience.



Activity 4: Dress-Up as myHappymind Characters

Purpose: Make World Book Day fun and interactive while reinforcing myHappymind concepts.

How to do it:

1. Invite children (and staff) to dress up as their favourite myHappymind character using our **ideas sheet** for inspiration. Keep the costumes simple and easy to create with items you can find at home or at school.
2. Celebrate everyone's outfits with a "parade" or mini-showcase. Encourage children to share what their character represents. For example, "I am Charlie. Charlie reminds us to use our Character Strengths!"
3. Don't forget to share your photos with us on social media or with your Customer Happiness Manager. We love seeing all your creative outfits!

myHappymind Link: Dressing up as characters encourages imagination, playfulness, and a sense of belonging which are all key parts of emotional wellbeing.

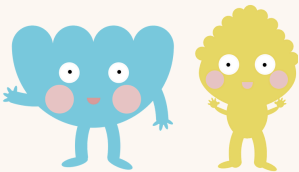
Take a look at the fantastic outfits and imaginative ideas shared by staff for World Book Day...



Stuck for what to wear this World Book Day?



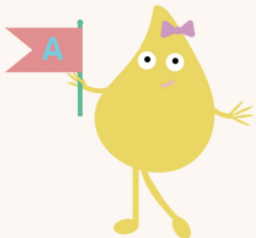
Team H-A-P: A group costume for three people. Each person wears a green cap, with one letter of “H,” “A,” or “P” displayed on their cap.



Berty & Betty: A partner costume. One person wears blue and the other wears yellow, representing the characters.



Charlie: A simple and easy costume. Wear a white top with a “C” displayed on it.



Arabella: Wear all yellow with a pink bow. Create a flag with an “A” on it, just like Arabella’s.



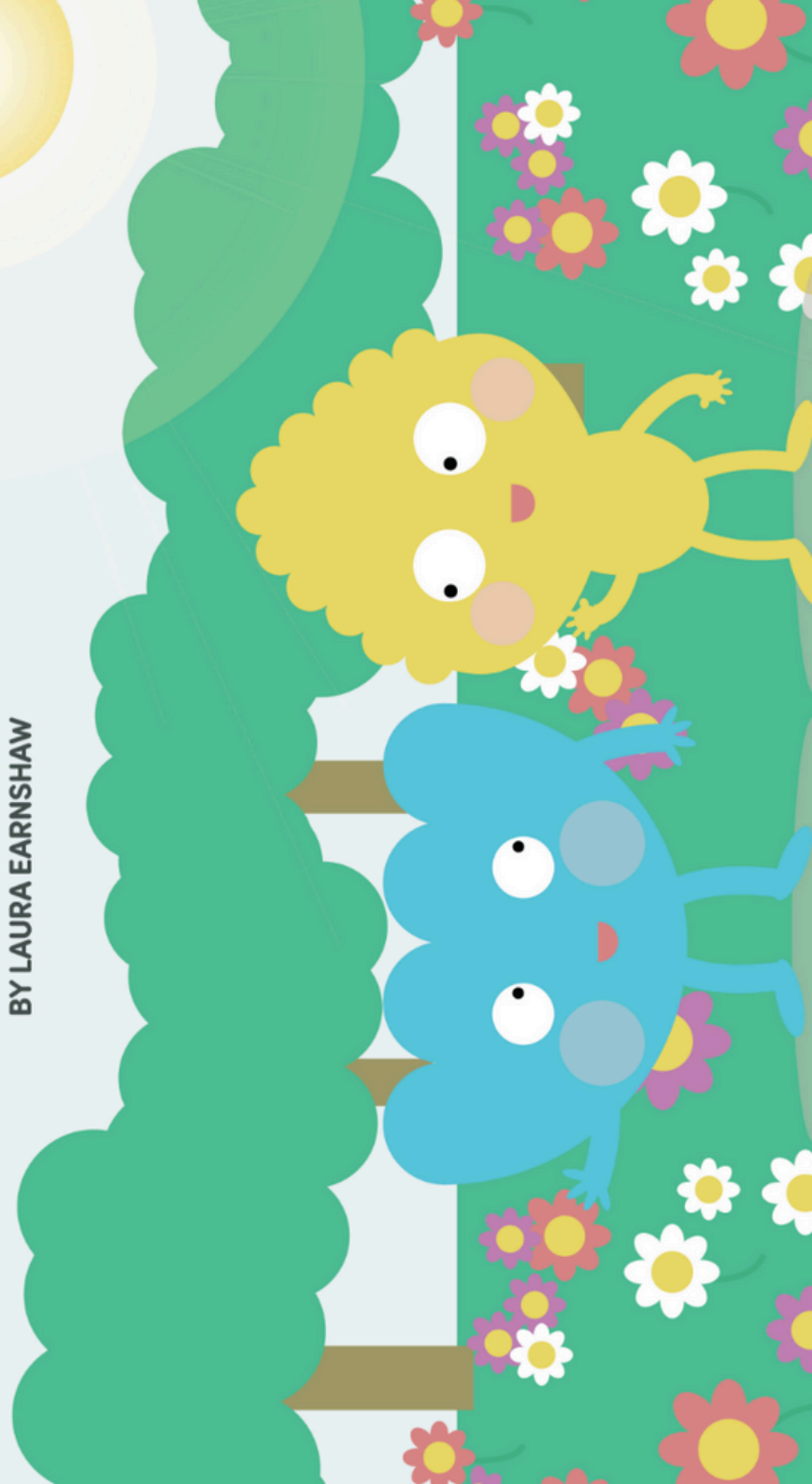
Rose: Wear all pink and make a rosette with an “R” on it. Optional accessory: create your own mini version of Oscar’s Magnificent Ears book, like Rose has.



Ernie: Wear all purple with a blue cap that has an “E” on it.

BERTY AND BETTY'S PLAY DATE

BY LAURA EARNSHAW



CHARLIE'S RAINBOW ADVENTURE

BY LAURA EARNSHAW



ARABELLA AND HER FRIENDS AT THE SEASIDE

BY LAURA
EARNSHAW

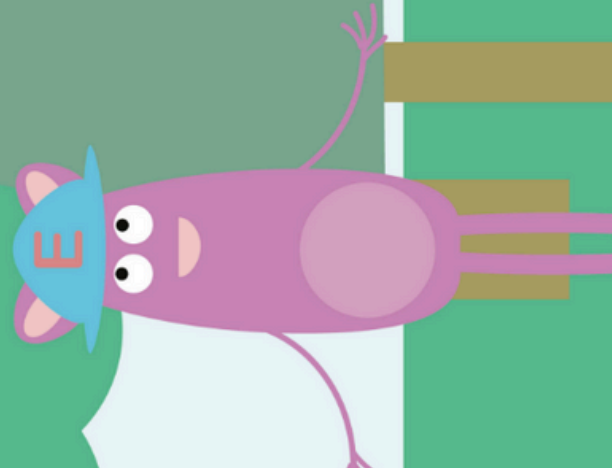


ROSE'S STORY DAY

BY LAURA EARNSHAW

ERNIE'S BIRTHDAY TREE

BY LAURA EARNSHAW





If you have any questions, just get in touch with your Customer Happiness Manager, or contact us at hello@myhappymind.org or 01625 447547.



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