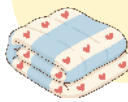


HAPPY NEWS KIDS

The happy habits of the world's happiest kids



What makes children happy? According to a recent UNICEF study, children in the Netherlands are among the happiest in the world. Experts say Dutch children enjoy lots of time with family and friends, plenty of outdoor play and the freedom to explore on their bikes. They're encouraged to share their opinions, try new activities and be themselves. The good news? You don't need to live in the Netherlands to copy their habits! Spending time with loved ones, getting active outdoors and enjoying your favourite hobbies can help make anyone feel happier!



A fort to remember! Giant den makes history...

How big was your biggest ever den? A team of volunteers in Las Vegas, USA, have just broken the world record for the world's largest blanket fort, measuring a whopping 14,103 square feet - about the size of three tennis courts! Made from hundreds of sheets, ropes and poles, the giant den was about much more than breaking a record. It welcomed 150 children for an evening of food, games and fun, bringing the entire community together!



How do you like them apples?

If you like the sound of a fruit that tastes like custard, you could be in luck! Custard apples, which grow naturally in India, are becoming more popular around the world. Farmers and scientists have worked together to create new varieties that are sweeter, have fewer seeds and stay fresh for longer. That means the unusual fruit can travel much greater distances without going bad, meaning they could soon reach more shops and customers across the world!



Joke of the Week

How does a penguin build its house? *Igloos it together!*



The penguin protector

A retired teacher in Chile has helped create a safe home for nearly 200 king penguins. When a few penguins started nesting on her family's land, Cecilia Durán noticed they were being disturbed by people and threatened by predators. So she set aside part of her farm as a protected area and spent years helping to keep the birds safe. Thanks to her efforts, the penguin colony has grown from just a handful of birds to almost 200!

A caw-some thank you!

A woman who rescued a crow trapped in a storm drain says she has been receiving "thank you gifts" from the bird and its feathered friends ever since! After helping firefighters save the crow and taking it to a wildlife centre, Leah Wilson was amazed when a crow later dropped a bundle of feathers at her feet. Since then, she says the birds have continued leaving little gifts during her daily walks. Crows are known for their intelligence, and some experts believe they can remember human faces and acts of kindness!



Think Happy

Take a tip from the world's happiest kids today; head outside, take a deep breath and notice three things around you that make you feel happy.

