



# HAPPY NEWS



CANADA

## Heading outdoors is good for your mental health

Spending time outside can help you feel calmer and happier, a new study has shown. Researchers asked children aged 10 to 12 to spend two hours a week learning in nature instead of in a classroom. Teachers noticed that children who found school tricky or felt upset before the study were more relaxed and focussed afterward. While outside, they did fun activities like drawing trees and writing poems, along with their regular lessons.



UK

## Knitters knit for gritter

A group of 35 knitters have created a massive Christmas jumper for a gritter named Goldie, spending 4,500 hours knitting over a year. The jumper, made using 1,130 balls of wool, is 896 square feet - larger than half an Olympic swimming pool!



UK

## Animal cartoons help kids

Did you know that watching cartoons with animals is good for you? New research from the University of Plymouth reveals that young children understand social situations better when animal characters are featured in stories, instead of humans. In fact, five-year-olds showed similar understanding to seven-year-olds after watching shows like Peppa Pig and Paw Patrol. This shows how different characters can help children understand the world around them. So next time you ask to watch TV, you've got the perfect excuse!



KIDS



USA



## Don't do this at home!

A 10-year-old boy in Wisconsin, USA, rang 911, the USA's emergency number, for help with his maths homework - and got the correct answer! The call handler who answered explained it was wrong to call 911 without a real emergency, but did offer to help. However, when asked about the problem, she had to call for back-up herself! Eventually the Deputy Sheriff managed to answer the boy's question, and told him not to ring 911 in the future!



UK

## Young baker saves Christmas

When a chef in England had over 2,000 Christmas pies stolen on his way to a Christmas fair, a young hero stepped in to help. 11-year-old Joshie Harris, who has autism, decided to bake pies for him. Although Joshie can't talk, he understood what was happening when he saw it on the news and communicated to his dad via his iPad that he wanted to help. Since then Joshie has been busy baking dozens of pies of all different flavours, but especially his personal favourite - apple pie. He plans to deliver them soon!

