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# Blue the Bee Learns to Be Happy

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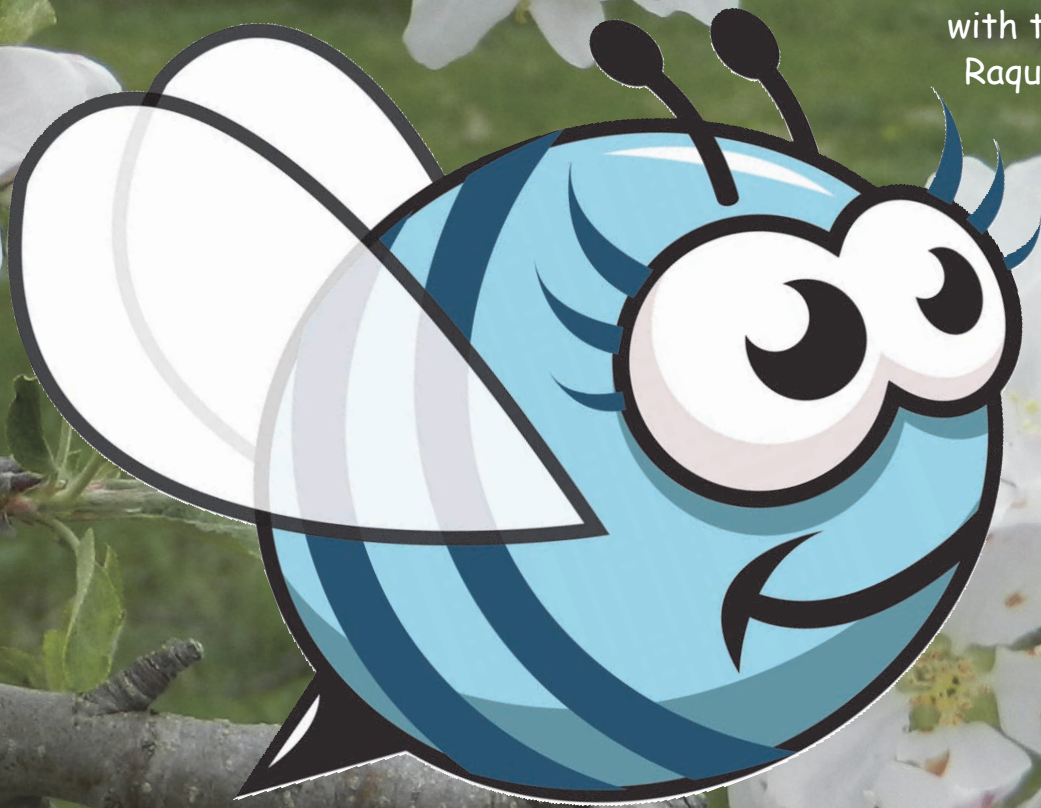
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# Blue the Bee Learns to Be Happy

By: Dr. Connie Reimers-Hild  
& Dr. Deb Weitzenkamp

with their Happy Helpers  
Raquel and Jagger Hild



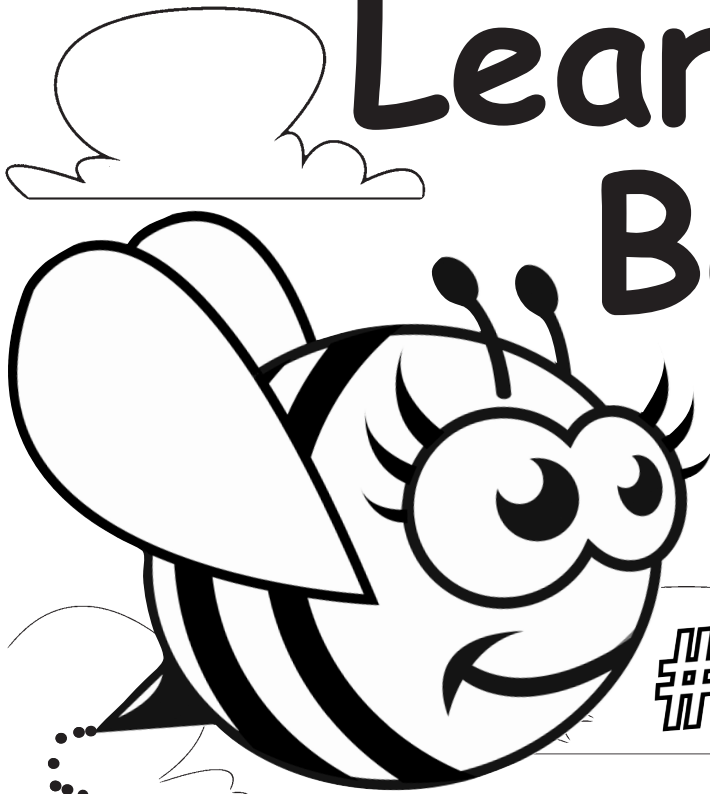
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Charitable Foundation Inc.



# Blue the Bee

# Learns to

# Be Happy



By: Dr. Connie & Dr. Deb

with their Happy Helpers  
Raquel and Jagger Hild

## #HappyOrchard

An activity book to help young minds  
understand their important role  
as pollinators of happiness!

Cover Design &  
Page Illustrations by  
Kim Wellsandt

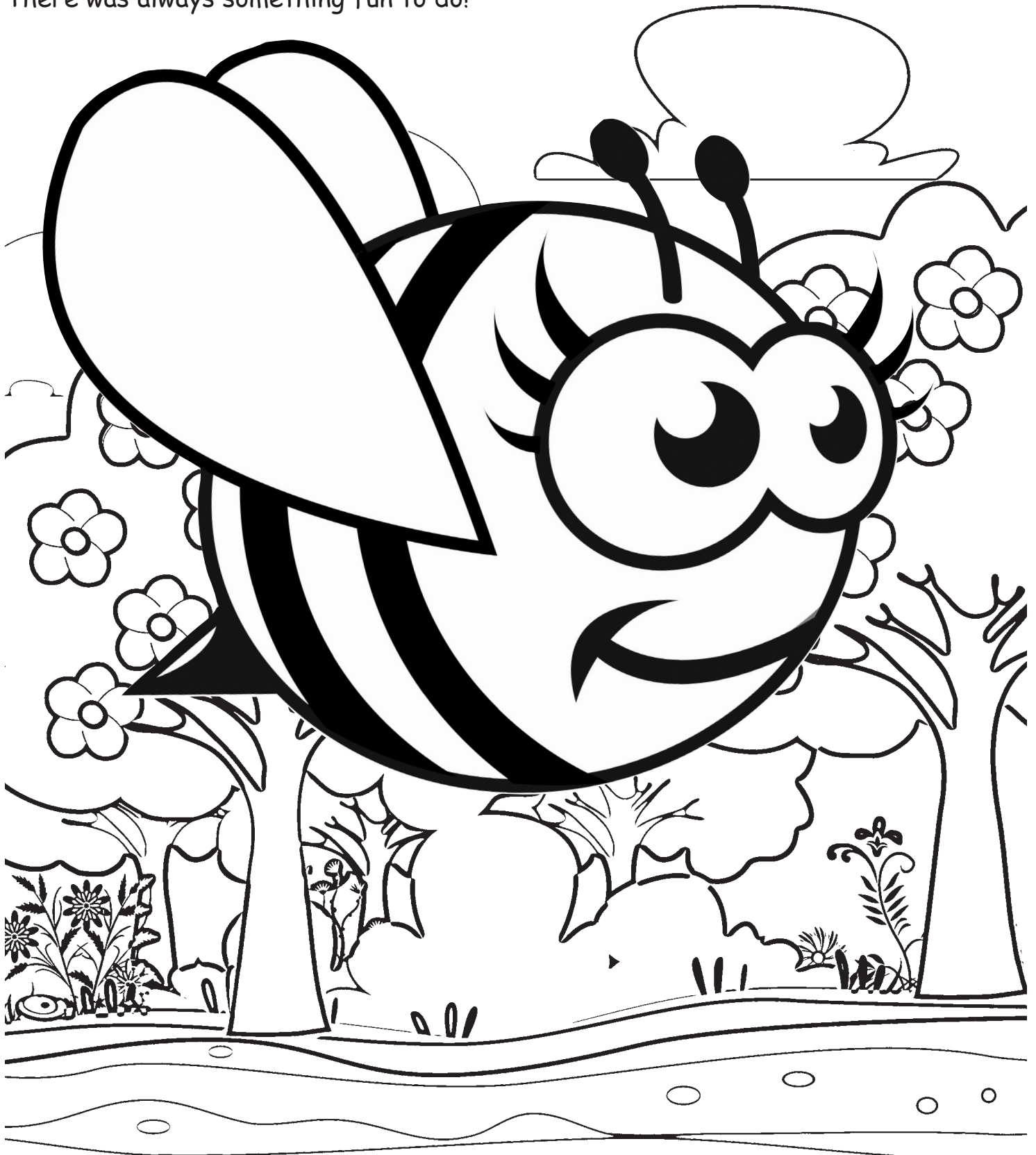


A #HappyOrchard Production

Join #HappyOrchard authors Dr. Connie Reimers-Hild (@AskDrConnie) and Dr. Deb Weitzenkamp (@DebWeitzenkamp) on their journey to help young minds understand their important role as pollinators of happiness!

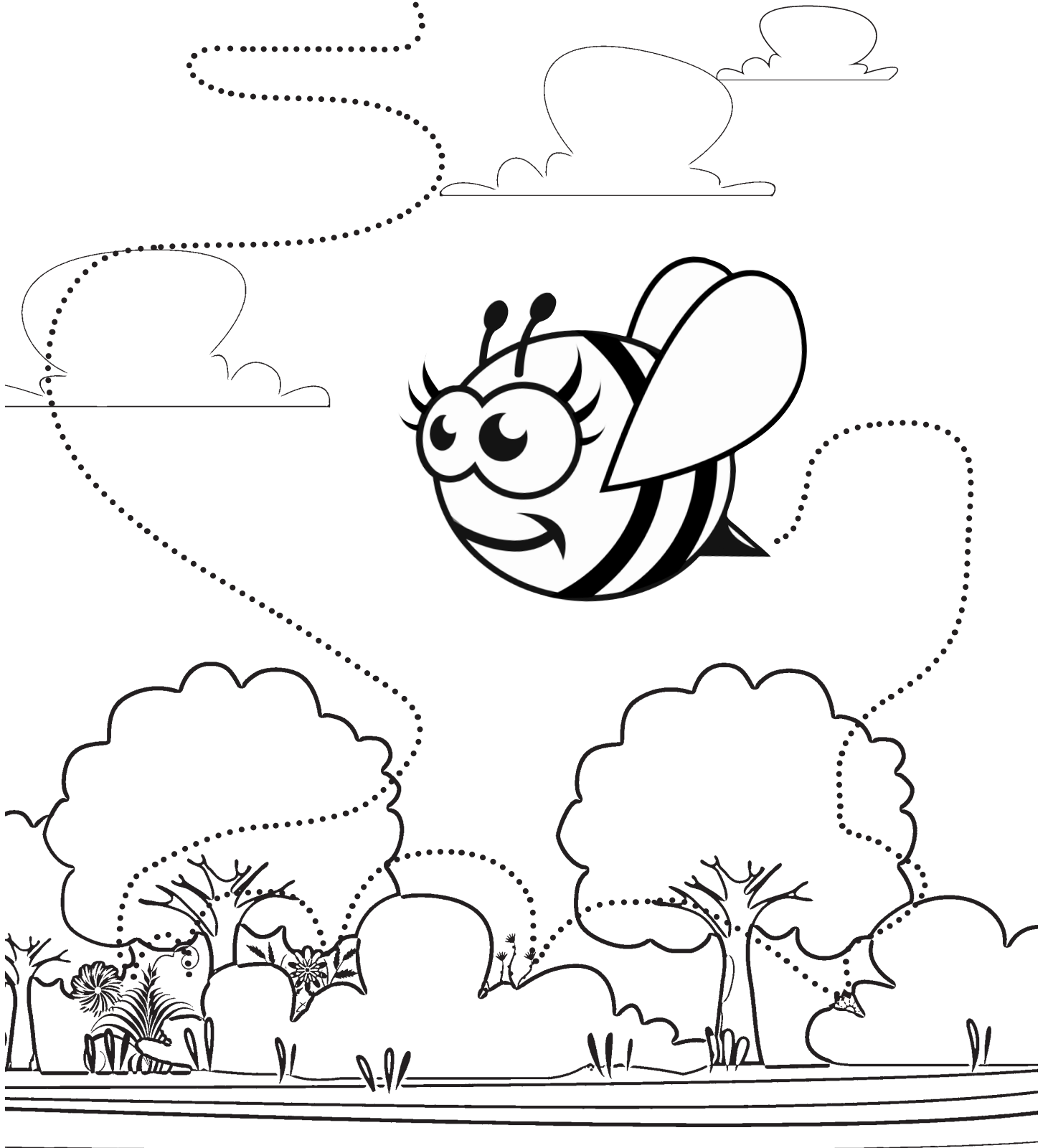


Once upon a time, there was a bee named Blue.  
She lived in a place called Happy Orchard, and it was really cool!  
It had fruit trees and wildflowers, too.  
There was always something fun to do!





Blue was a native "wild" bee who liked to be alone. She was one of the Blue Orchard Mason Bees who made Happy Orchard home. Her body was shiny and blue, and she had a "pollen brush" to help her pollinate. It was a really cool tool!.....



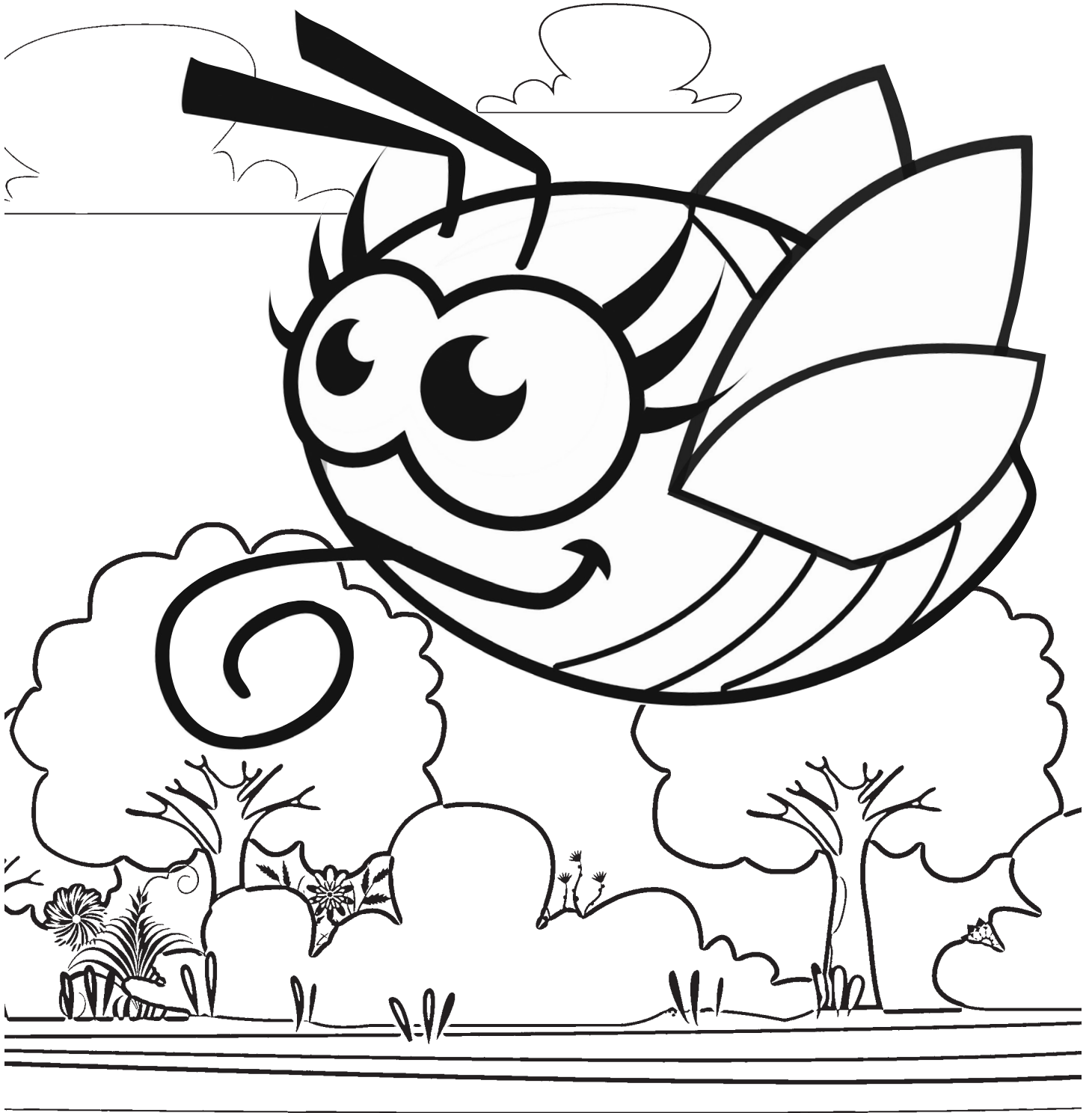
One day Blue felt unhappy and uncool. She didn't know what to do. Blue began flying through Happy Orchard and ran into Flutter, one of her good friends. Blue knew that Flutter would have good ideas to make her feel better.



Flutter was a Hummingbird Moth. She had a long tongue that was like a straw. It helped her suck up nectar from flowers.

The nectar was good for her and helped give her powers.

Flutter's wings were so fast that they made a humming sound, and she looked like a hummingbird as she floated above the ground.





Blue told Flutter that she was feeling quite sad.

She asked Flutter, "How do you always feel so glad?"

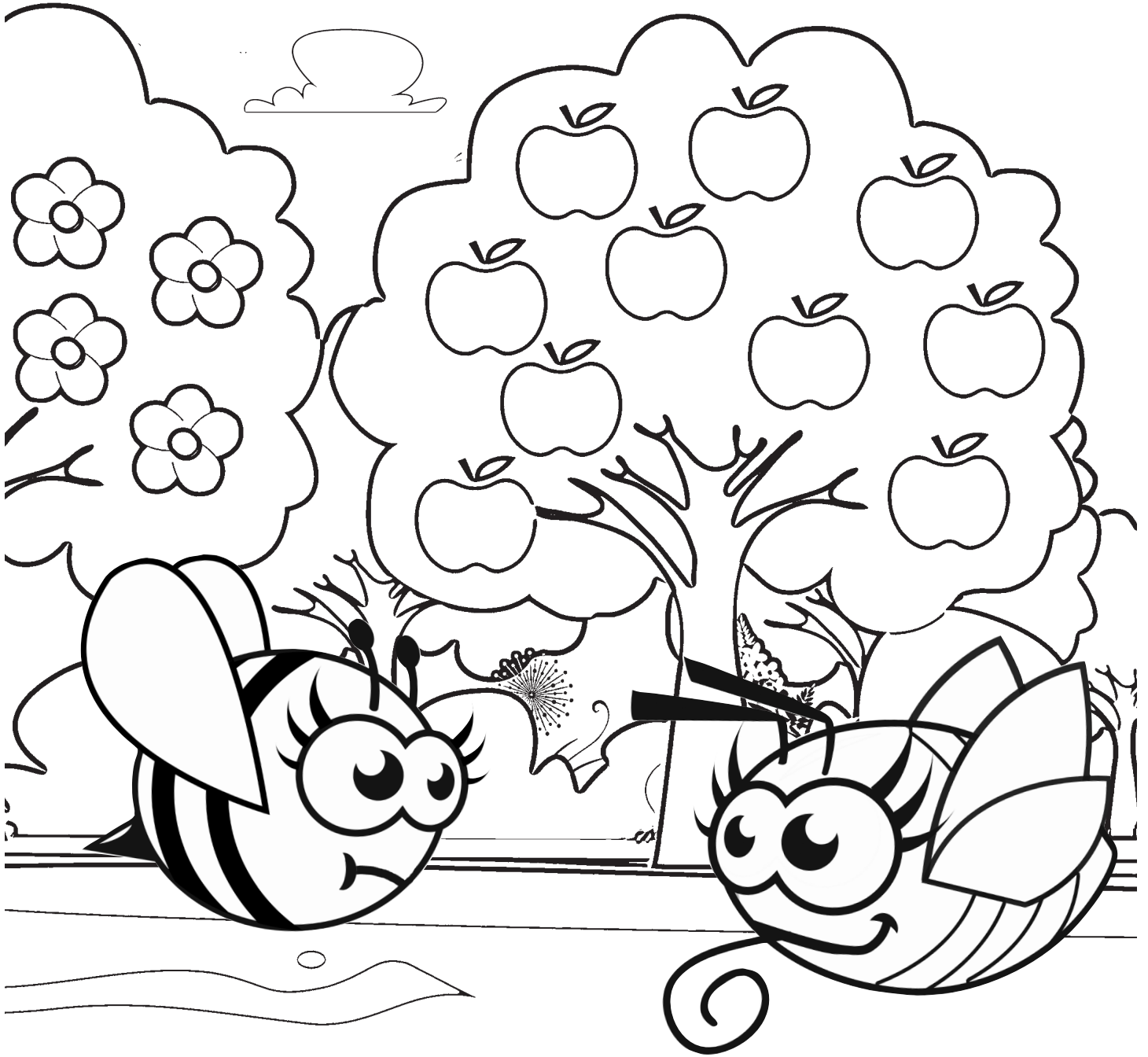
Flutter responded, "I am thankful for the things I have every single day.

I make a list so my thoughts of gratitude never go away."

Blue asked Flutter, "What is gratitude?"

Flutter responded, "Gratitude is giving thanks for all that is great.

It includes everything that makes life amazing, including the snack you just ate!"



Blue started thinking of all of the great things in her life:

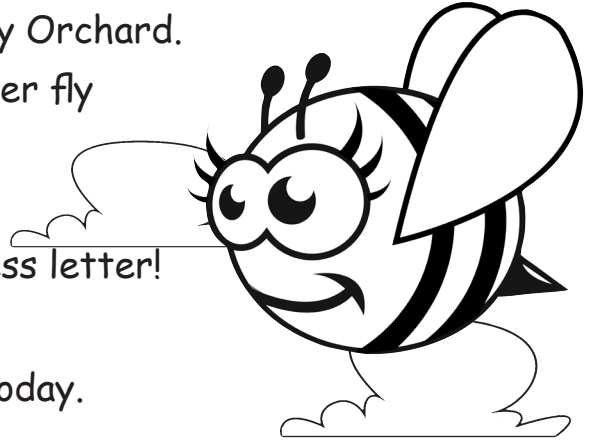
Her shiny blue body, fresh air, sunshine and water. She was thankful for her friends, family and all the fun she had at Happy Orchard.

She was excited about the wings that helped her fly and the big, bright blue sky.

Being grateful helped Blue feel a bit better, so she would like you to write your own happiness letter!

Practice gratitude every day!

Start by listing 3 things you are grateful for today.



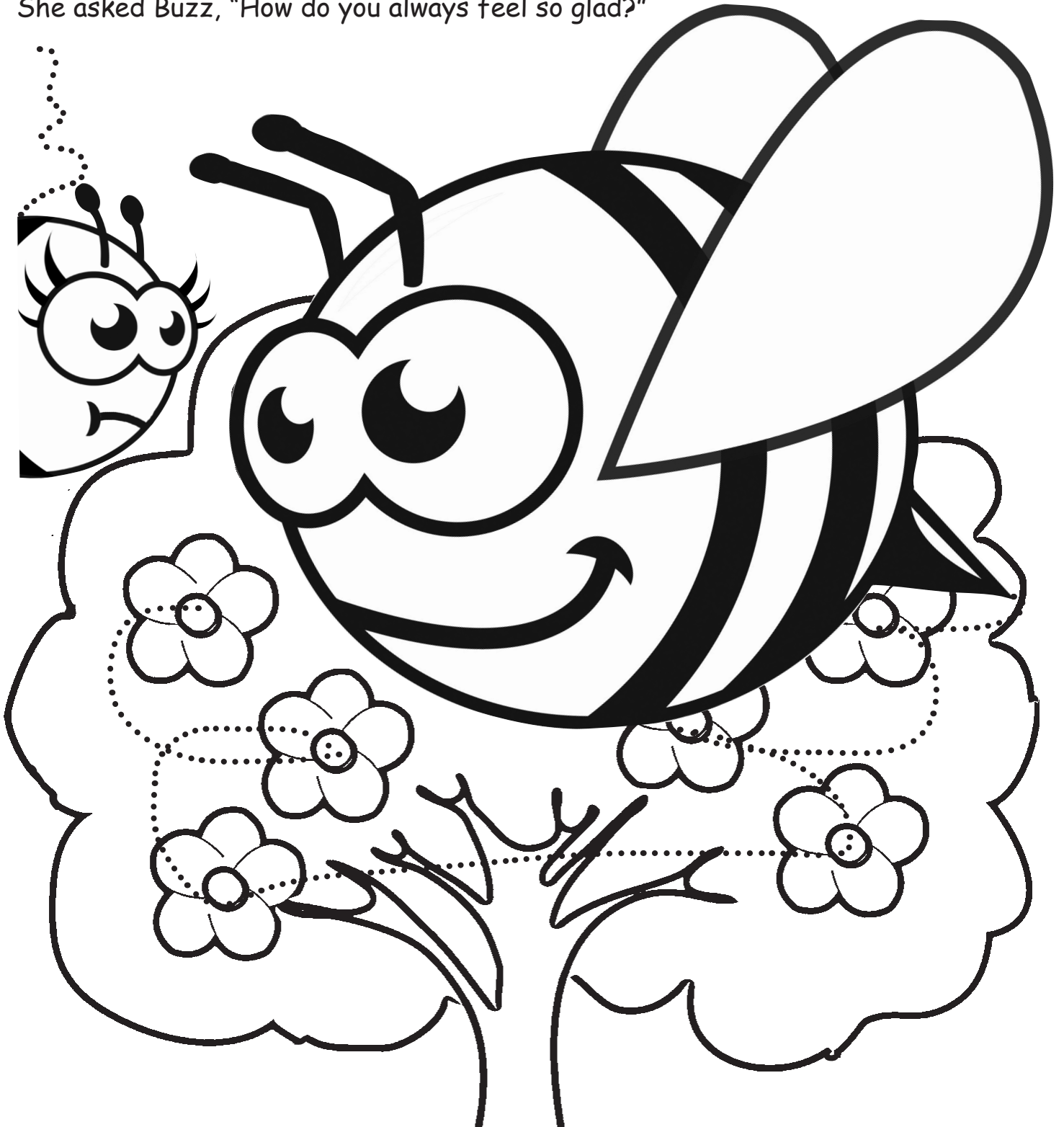
# My Happiness Letter.

Dear Blue:

This is my happiness letter to you. These are 3 things I am grateful for today:

PS: I know gratitude is a habit I should practice every day  
to keep me happy in every way!

Blue thanked Flutter for her advice,  
but Blue wanted to find out how to feel even more happy and nice.  
As she flew through Happy Orchard, she met Billie "Buzz" Bee,  
a honeybee that was busy pollinating the apple trees.  
Blue shared that she was still feeling a little sad.  
She asked Buzz, "How do you always feel so glad?"

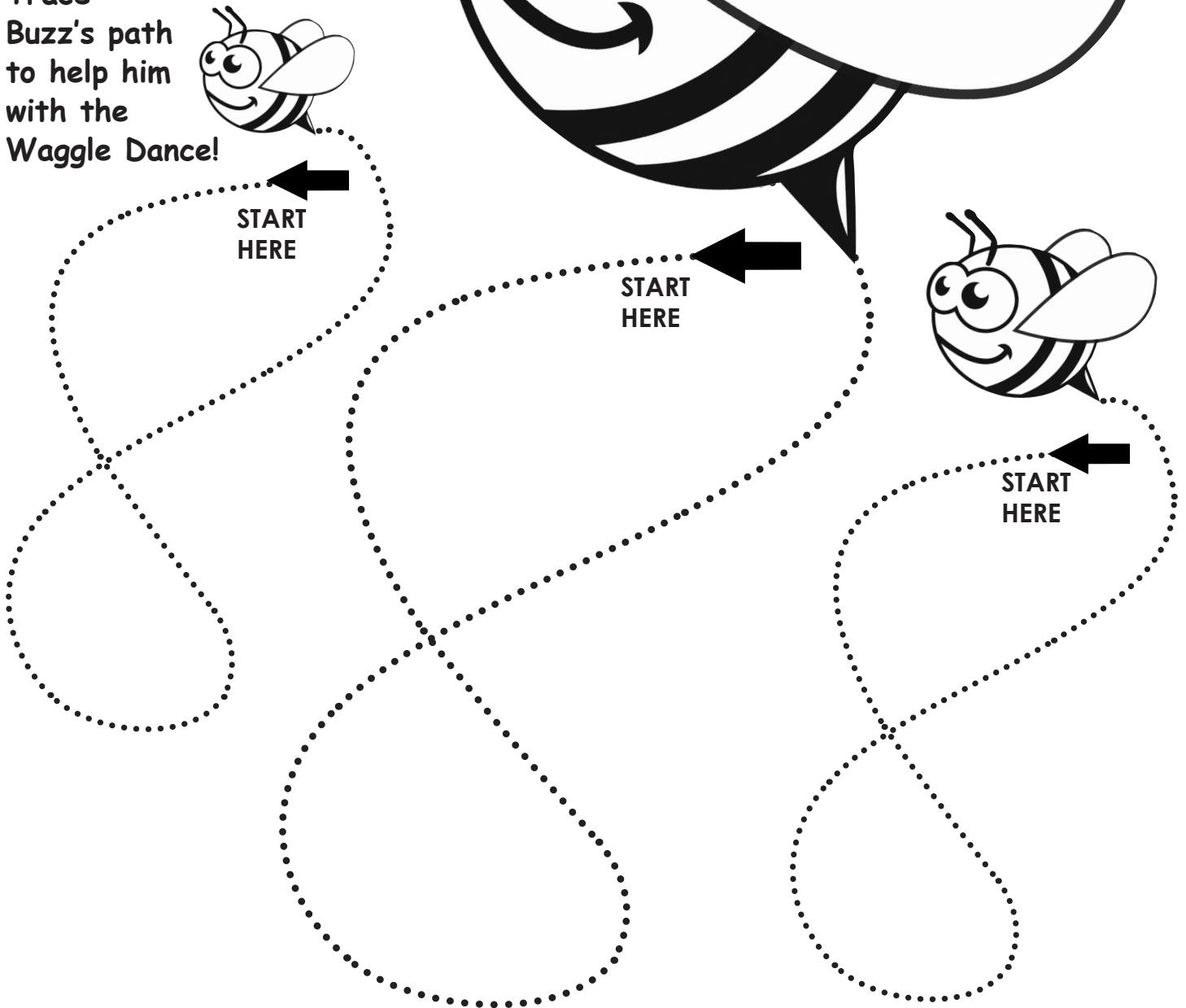
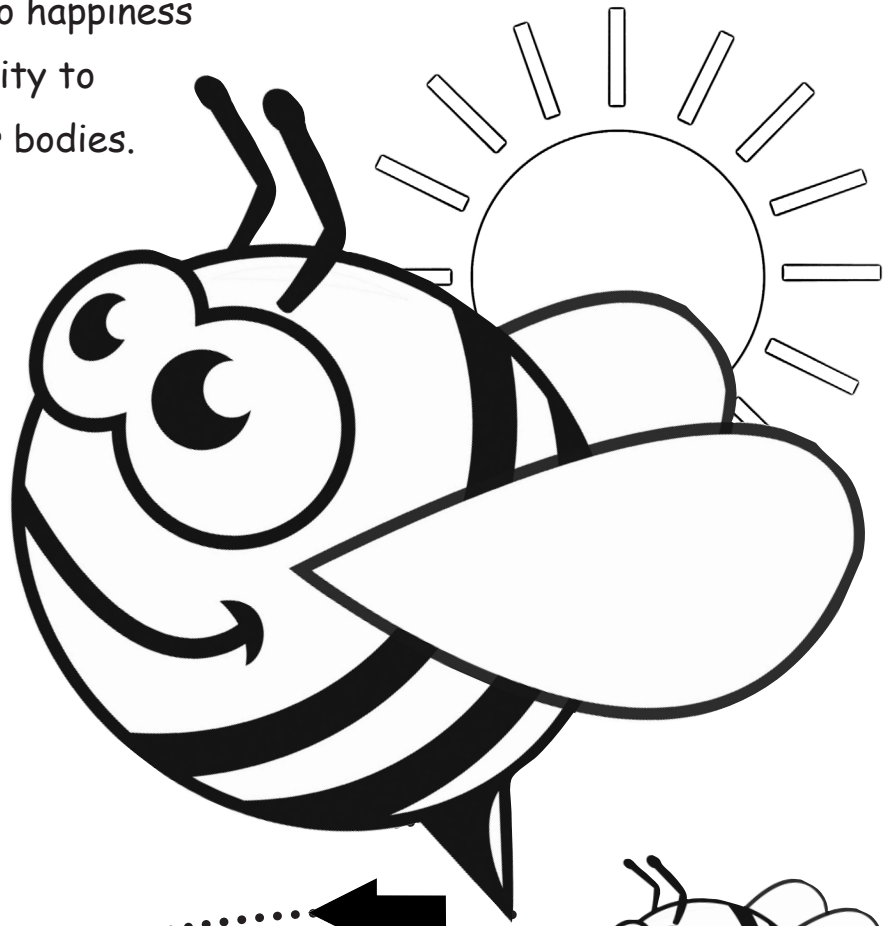




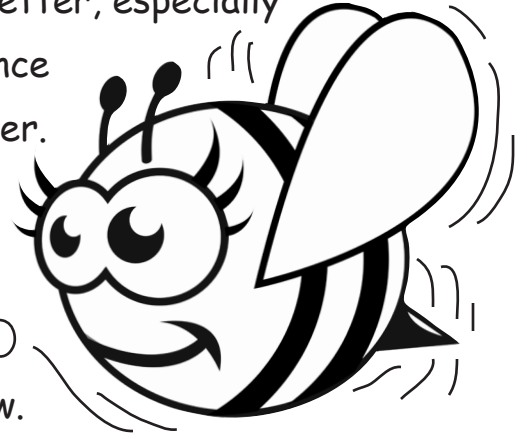
Buzz replied that the secret to happiness for many honeybees is the ability to send messages by moving their bodies.

The waggle dance is one way worker bees share news of where others can find pollen and nectar so they can all get into the groove and work together.

Trace Buzz's path to help him with the Waggle Dance!



Giving thanks and exercising can help make us feel better, especially if we choose to do them together. Blue began to dance and move her body. She immediately felt much better.

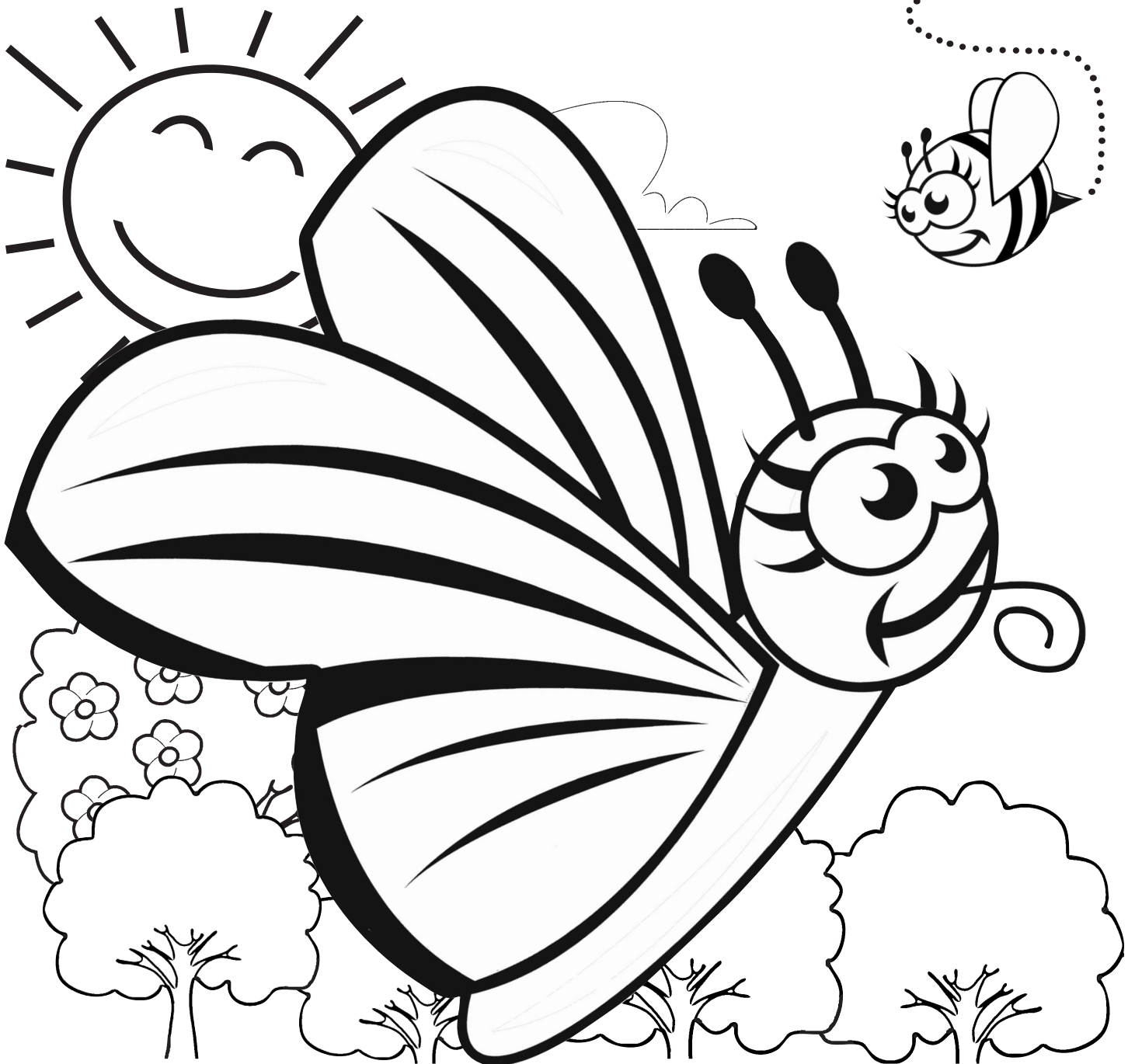


## It's Your Turn...

Use the space below to show everyone what you know.

Draw pictures of all the ways you would like to move your body today. Choose to exercise. Make moving your body a habit that you practice every day!

Blue thanked Buzz and went on her way wondering about other ways to improve her day. She soon came across Bonita, the monarch butterfly, who was floating with ease through the sky. Blue asked Bonita her question about how to not feel sad, "Bonita, how do you always feel so glad?" Bonita replied, "The sun makes me happy like nothing else could, so I play outside every day to make me feel good!"





Bonita asked Blue what she liked to do. Blue replied, "I like to play Tic-Tac-Toe. Would you be so kind to please play with me before I go?"

Bonita replied, "I would love to play a game with you while enjoying the sun. Let's play together and have lots of fun!"

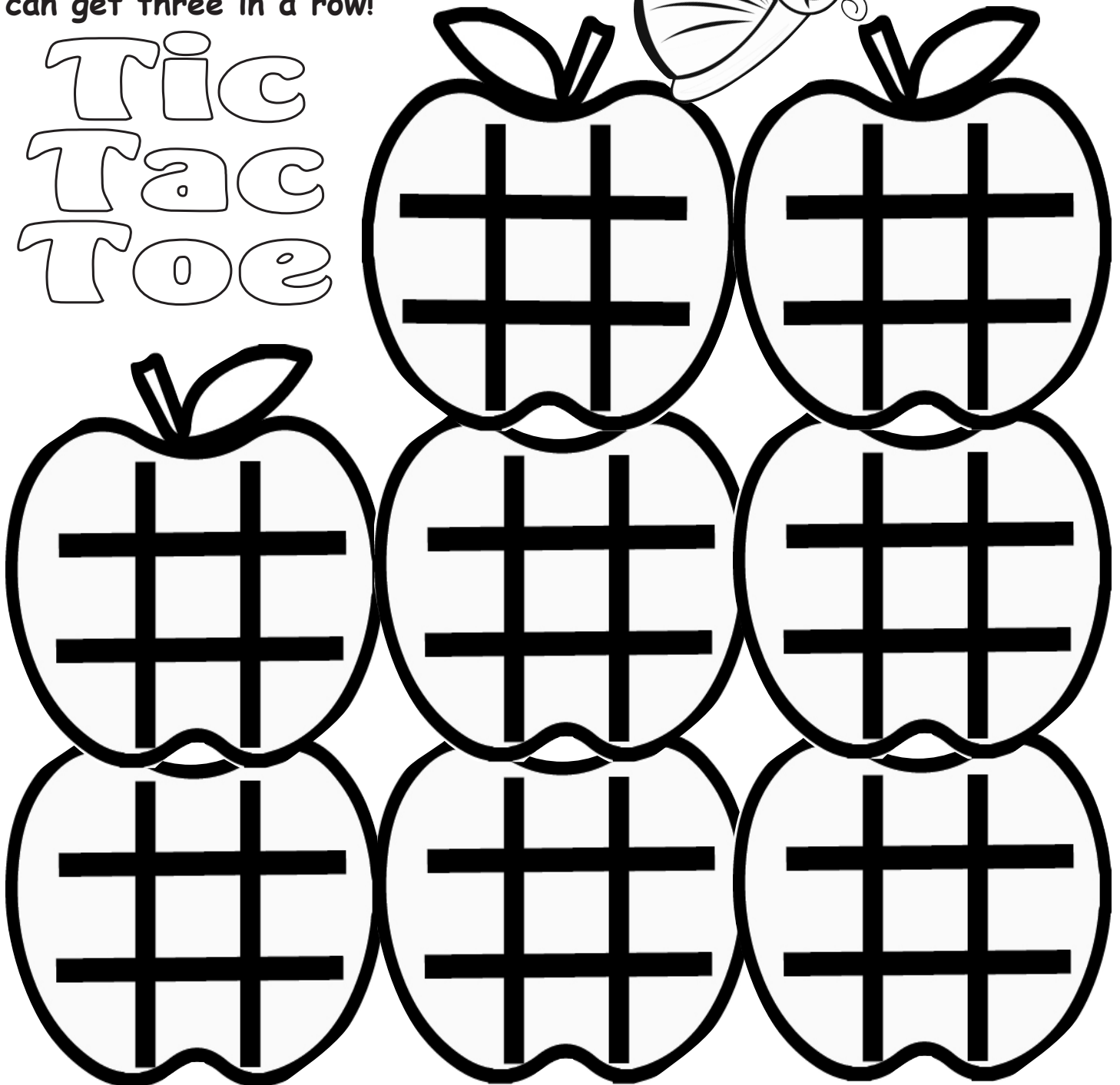
Have fun like Bonita and Blue.

Find a friend to play with you.

**Enjoy Tic-Tac-Toe and see who can get three in a row!**



Tic  
Tac  
Toe



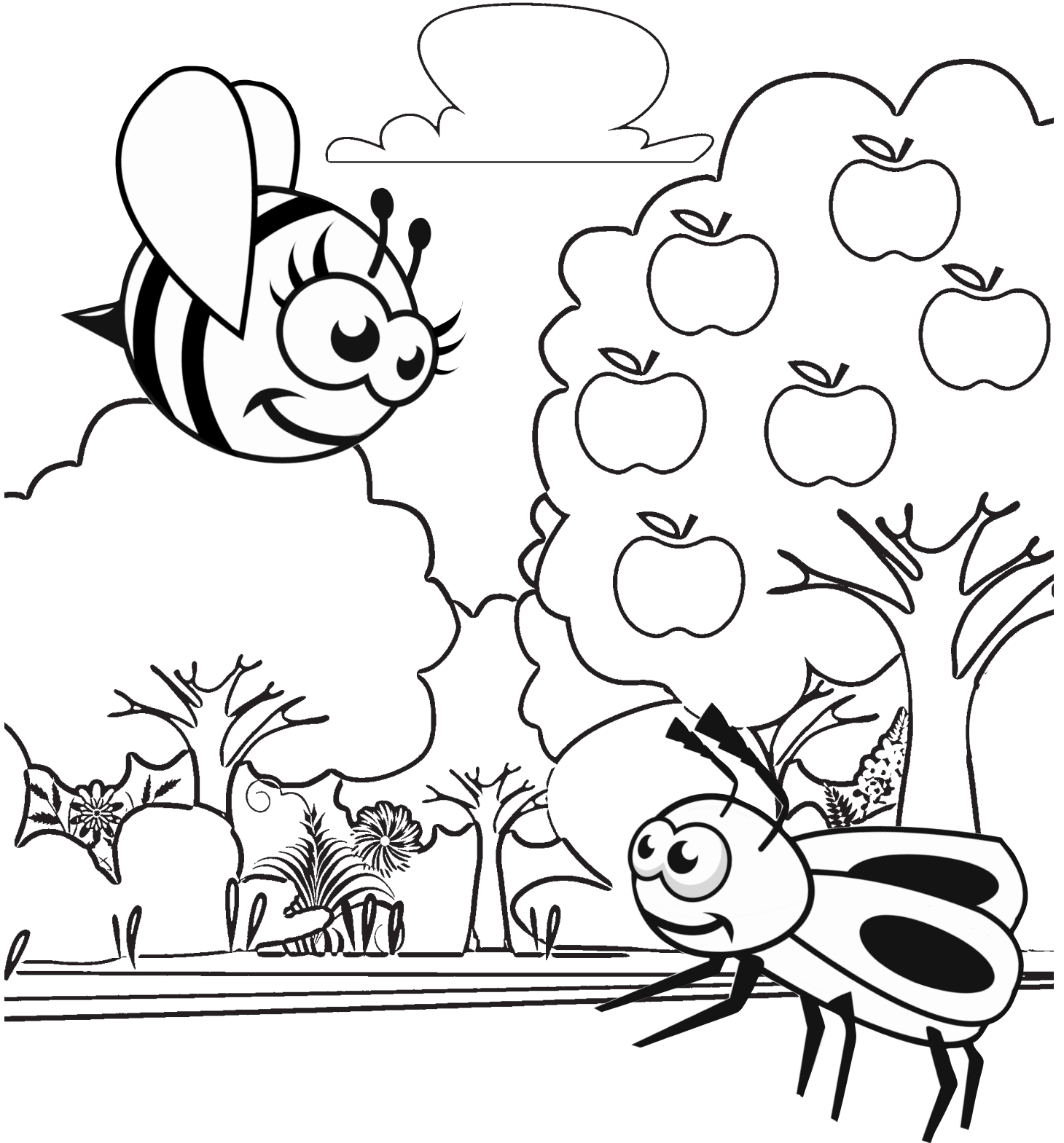
## Now, it's your turn:

What do you like to play?  
Maybe a game of freeze tag makes your day?  
What do you like to do for fun?  
Do you like to write, draw, paint or run?  
Choose to make play  
a habit that you practice every single day!  
The choice is yours  
just make sure to occasionally get outdoors!



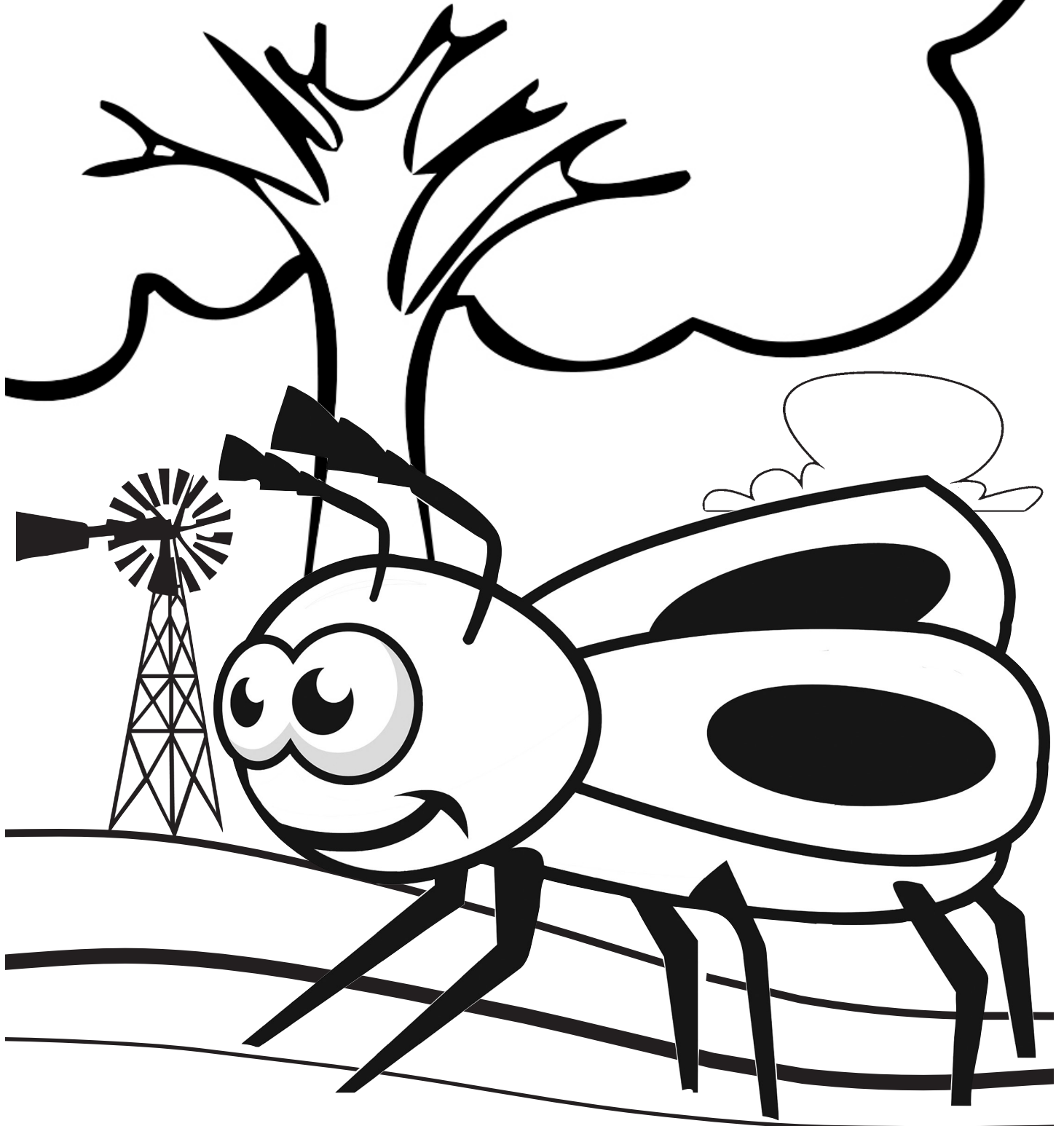
# Show Blue what you like to do:

Tic-Tac-Toe was fun, but it was time for Blue to go before her day was done. On her way home she ran into Ernie, a Soldier Beetle, who liked to eat pollen. Blue asked Ernie her puzzling question about how to not feel sad, "Ernie, how do you always feel so glad?"





Ernie replied, "I never feel very sad because I try to make others feel glad. One act of kindness each day helps keep my sad feelings away. I focus on the happiness of others and not just myself. Being kind to others is how I measure my wealth."



Ernie's words made Blue really think about helping others and not just her own self. Sometimes it is important to remember that others need help.

What kind things do you do for other people you know?

Do you hold open doors or write them kind notes?

Maybe you like to smile and say hello or even shovel some of their snow?

Choose to make at least one act of kindness a habit that you practice every single day!

What kind things do you do for other people you know?



Blue thanked Ernie for his advice and was thinking about all the ways she could be nice.

Suddenly, she saw a strange glimmer.

To her surprise, she had found a mirror!

Blue looked into the mirror.

What did she see?

**Blue saw that she was very happy!**



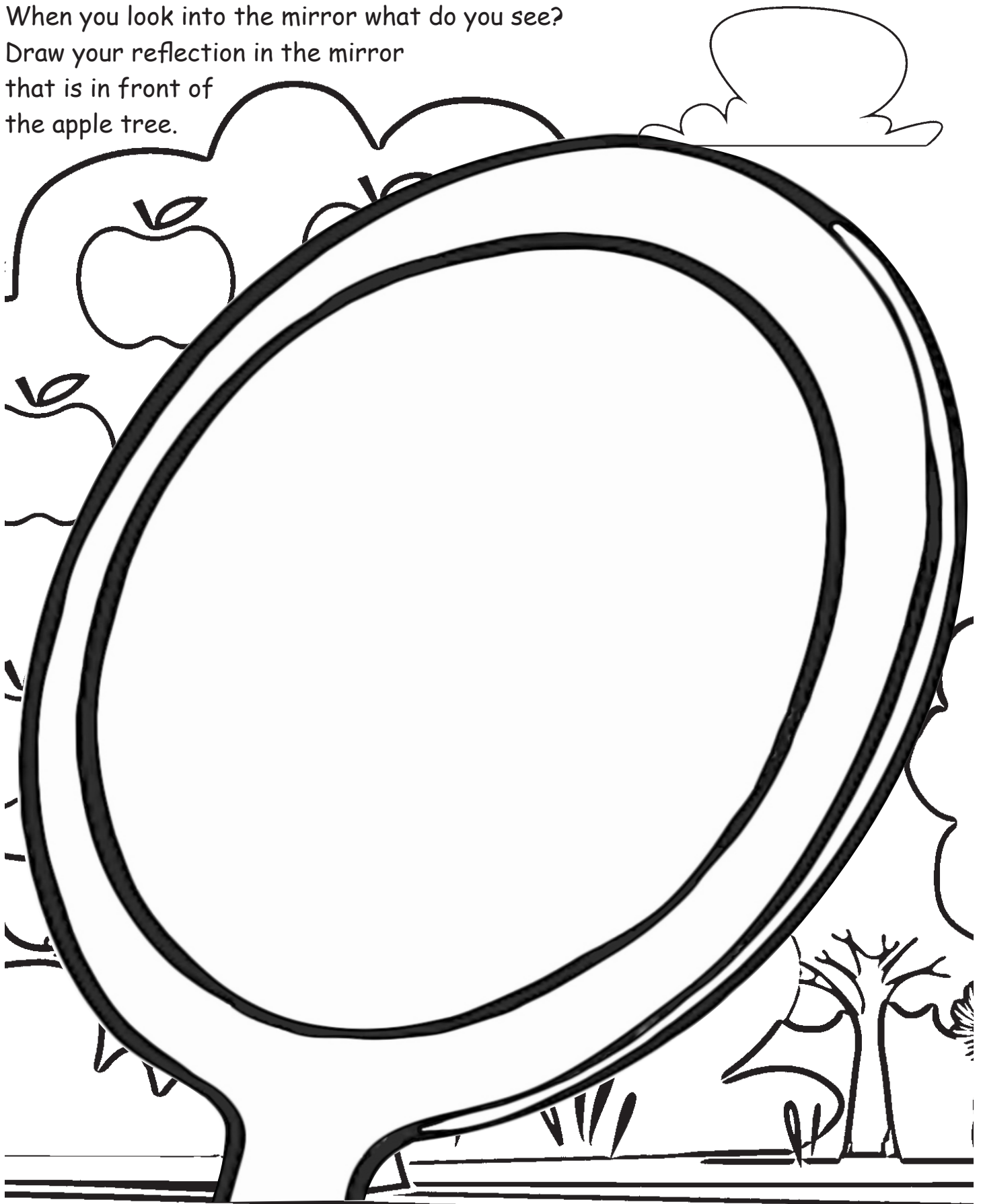
**It's your turn:**

When you look into the mirror what do you see?

Draw your reflection in the mirror

that is in front of

the apple tree.



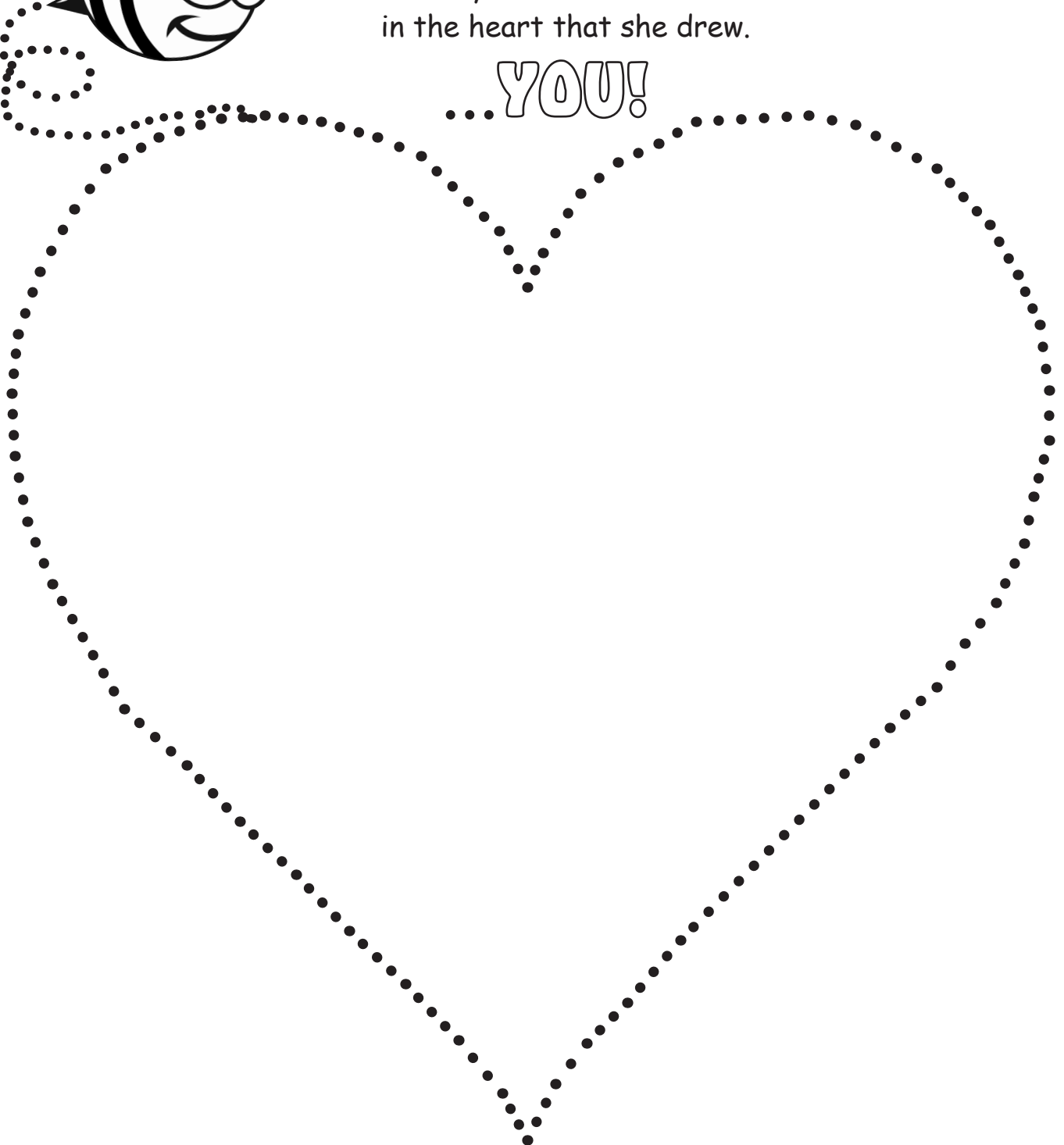
Blue knew how important it was to tell herself, "I love you." You should learn this important lesson too if you want your fairy tales and dreams to come true.



# It's your turn!

What are the things you love about you?  
Share your ideas with Blue  
in the heart that she drew.

...YOU!

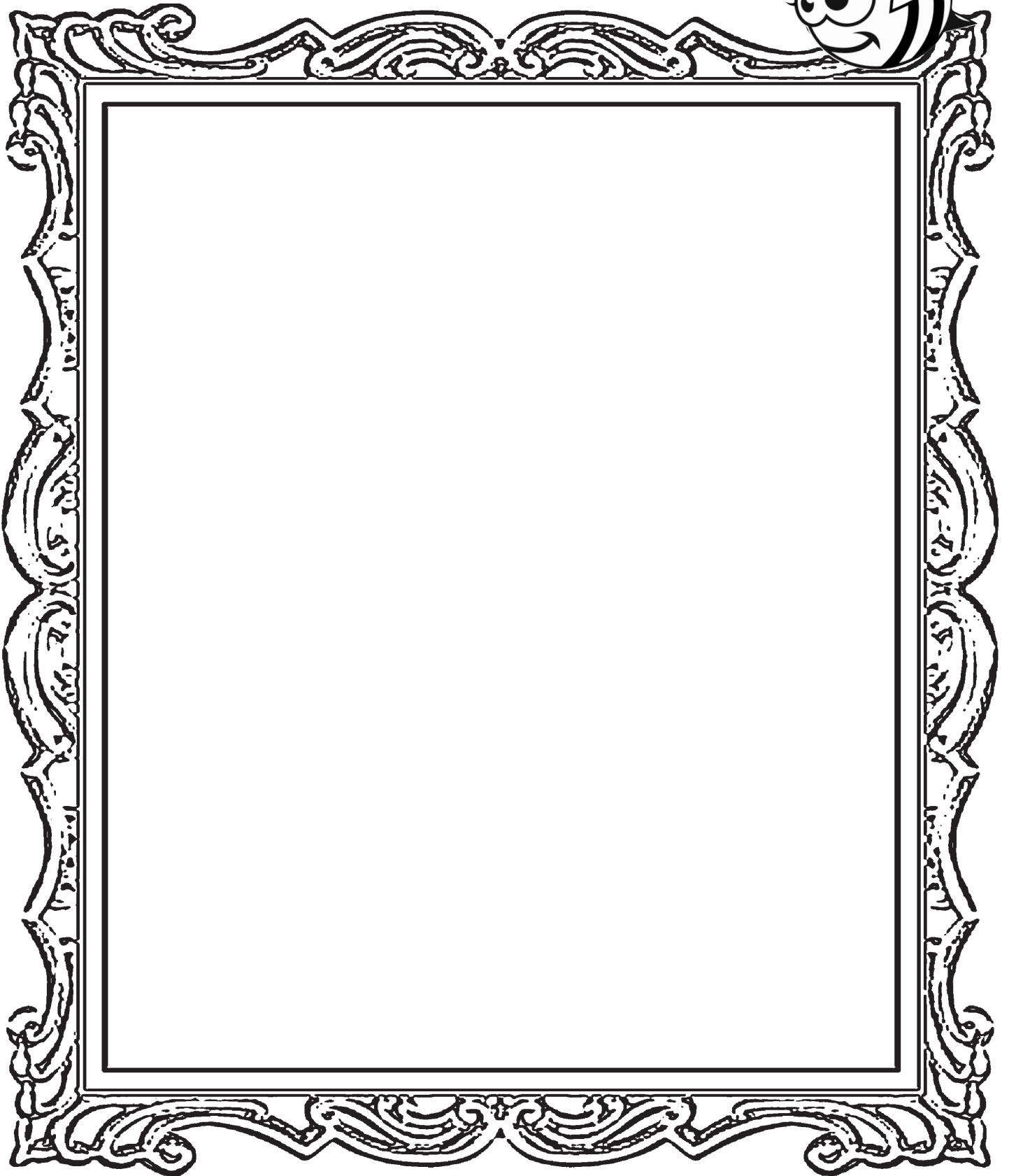
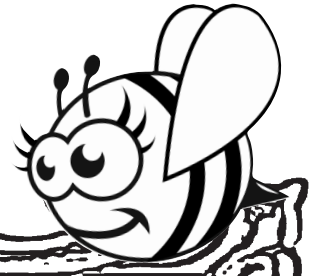




It's your turn.

We want you to draw yourself as happy, talented and smart.

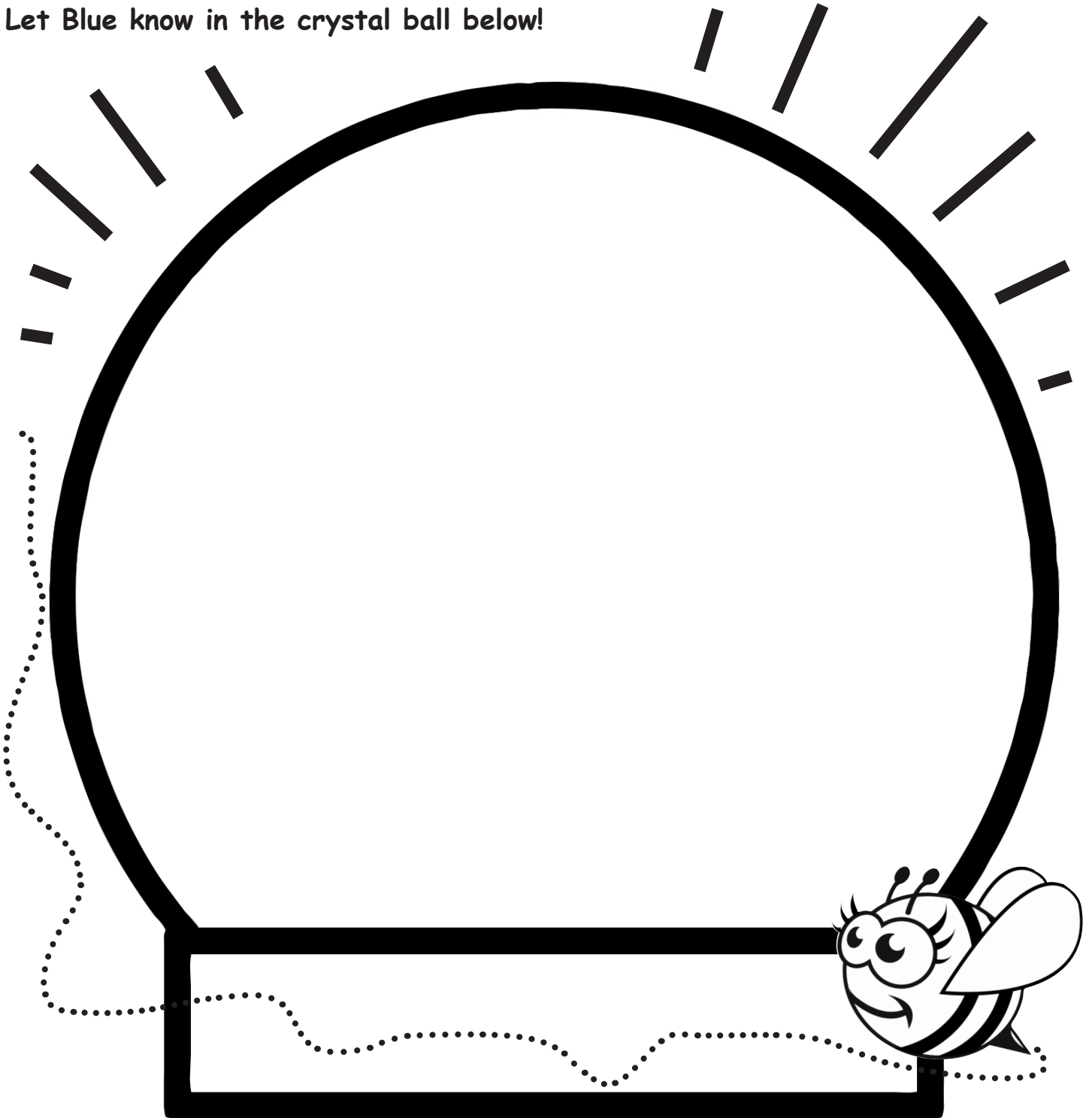
What does this look like? What makes you a work of art?



To make your life the best, make sure to have a purpose. Living life with purpose and meaning will keep your face beaming! You may ask, what does this mean? It means living your life like a fairy tale and following your dreams.

# Now, it's your turn...

What does your fairy tale look and sound like?  
Let Blue know in the crystal ball below!



When happiness is a habit, it comes without thinking.

It becomes as natural as eating and drinking.

When we feel unhappy and uncool, we can use happiness tools to get us through -just like Blue! We can learn and then decide what to do.

Dr. Connie, Dr. Deb, Buzz and Blue know it, too.

You can choose the mood that is right for you.

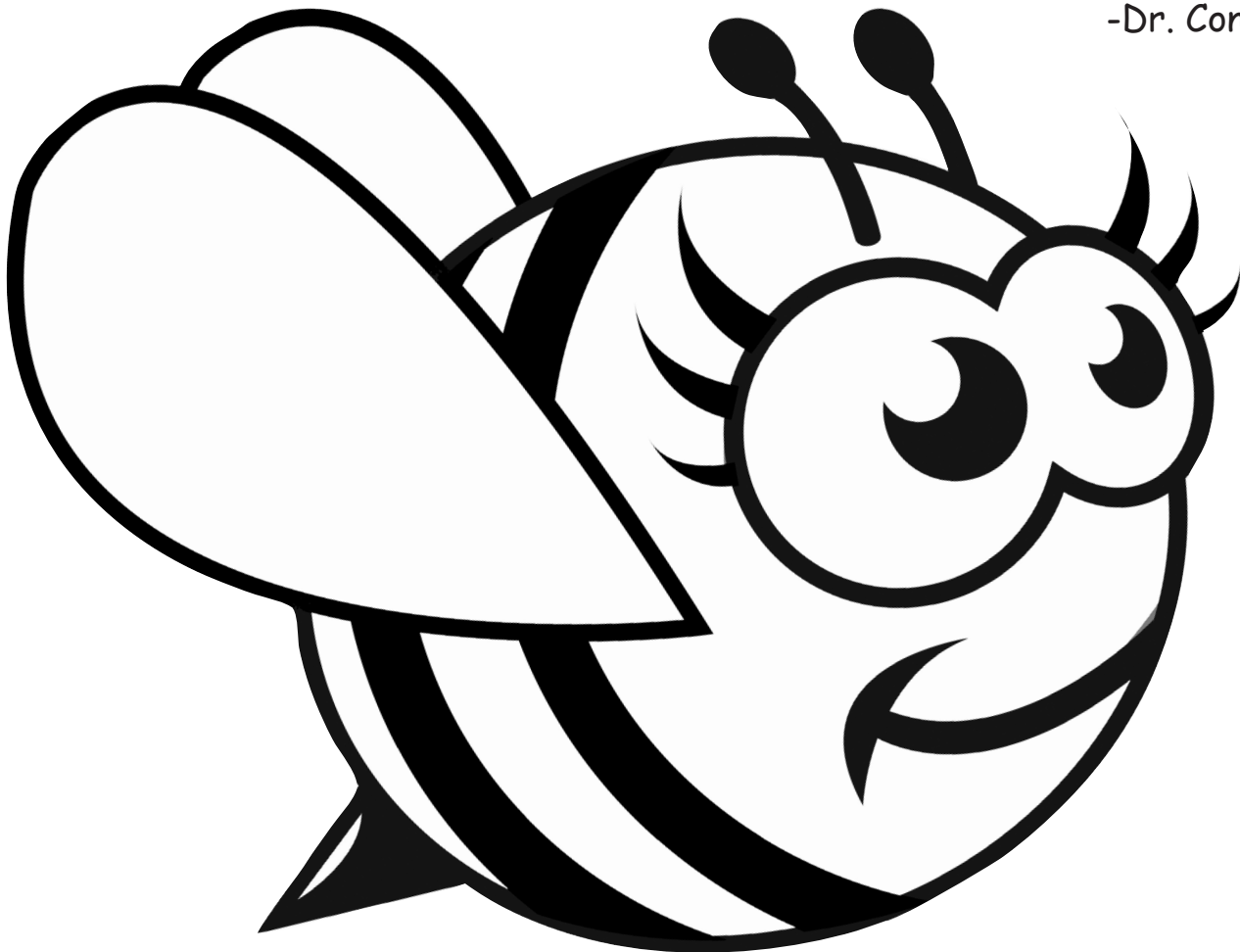
You get to choose how to spend your day and use your time.

You choose how to live your life and what is in and on your mind.

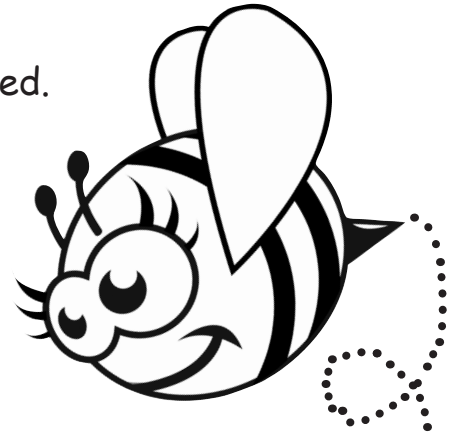
What you decide is ultimately up to you. You get to choose, but before you do make sure to consider this final happiness tool:

“Be You &  
Do Something Cool”

-Dr. Connie

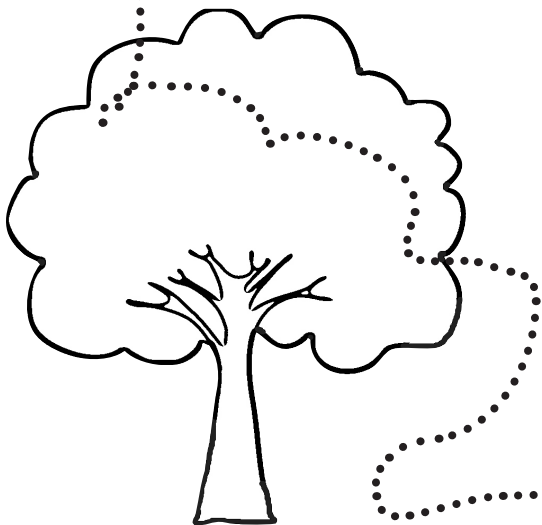


At last, it was time for Blue to go home.  
She had learned so much about being happy as she roamed.  
What were her lessons? What could she do  
about feeling unhappy and uncool?  
Can you help Blue remember all of the happiness rules?  
How can you and Blue feel more happy and cool?



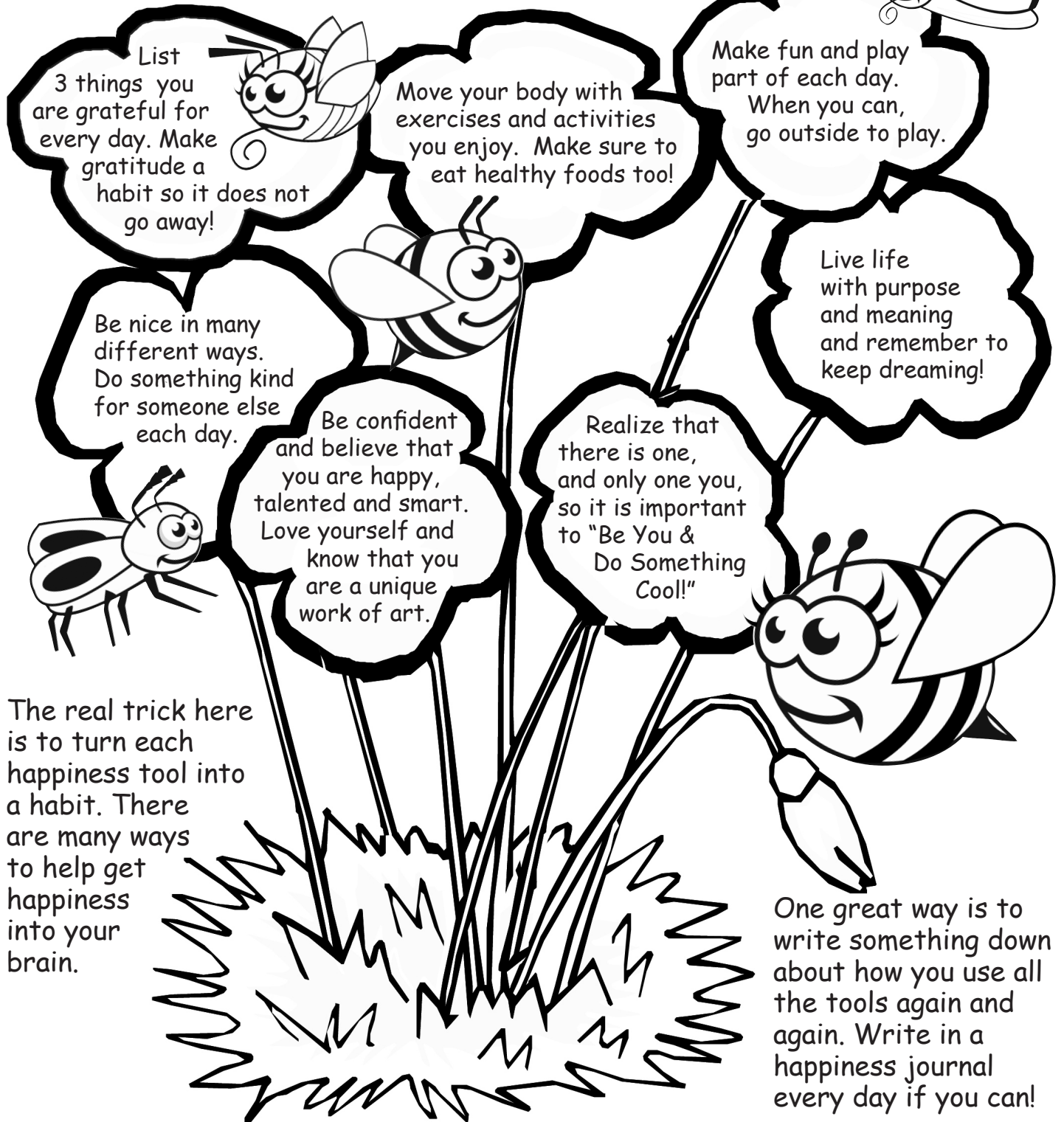
# What will you do?

*Write what you learned about happiness while  
traveling through Happy Orchard:*



With the help of her friends, Blue made a list of tools she uses to be happy and cool. She wants to share them with you. Whether you're by yourself or together with friends, Blue hopes that you do this list again and again.

# Happiness Tools...



List 3 things you are grateful for every day. Make gratitude a habit so it does not go away!

Move your body with exercises and activities you enjoy. Make sure to eat healthy foods too!

Make fun and play part of each day. When you can, go outside to play.

Live life with purpose and meaning and remember to keep dreaming!

Be nice in many different ways. Do something kind for someone else each day.

Be confident and believe that you are happy, talented and smart. Love yourself and know that you are a unique work of art.

Realize that there is one, and only one you, so it is important to "Be You & Do Something Cool!"

The real trick here is to turn each happiness tool into a habit. There are many ways to help get happiness into your brain.

One great way is to write something down about how you use all the tools again and again. Write in a happiness journal every day if you can!



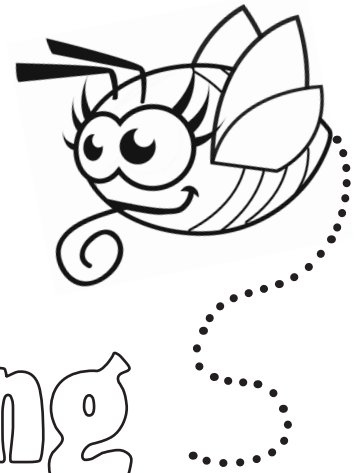
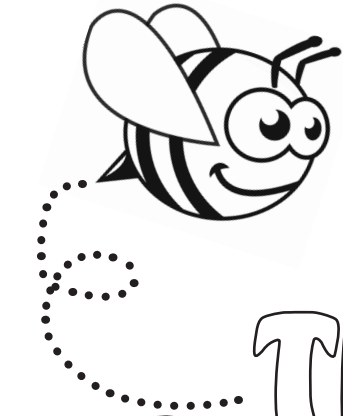
This is not  
"The End."

But, if you choose,

The Beginning

of a  
Happier

You



## Your friends at #HappyOrchard invite you to play and learn!



Look online at: <http://go.unl.edu/HappyOrchard>

Or scan this QR code



### Our Gratitude

We are grateful to the Richard P. and Laurine Kimmel Foundation for providing a grant to fund this educational project.

The Happy Orchard Team is also extremely grateful to all who reviewed this coloring book and other Happy Orchard productions. We are also thankful for those of you who continue to spread happiness and support pollinators around the world!

This book is dedicated to our families who always help grow Happy Orchard. Dr. Connie is especially thankful to her husband Jim for supporting her work.

She also thanks her Happy Helpers Raquel and Jagger for their ability to rhyme words!

Dr. Deb is thankful for her wonderful husband Randy who has been her best friend for more than 30 years!

She is also thankful for all her friends and family, both near & far away!

## Kimmel Education and Research Center

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Come visit Blue and her friends at the real Happy Orchard!

Join @DebWeitzenkamp and @AskDrConnie at #HappyOrchard on Twitter!

CUT HERE 

CUT HERE 

CUT HERE 

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(Write your name on line above)

is hereby declared  
a friend of

# #HappyOrchard



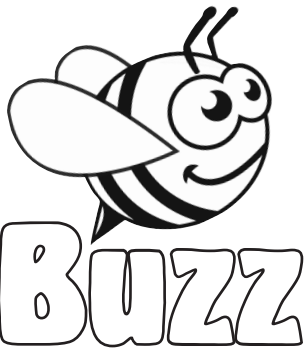
Remember what you have learned  
about feeling happy with Blue.  
Be a happiness pollinator and  
share these tips with your friends, too!



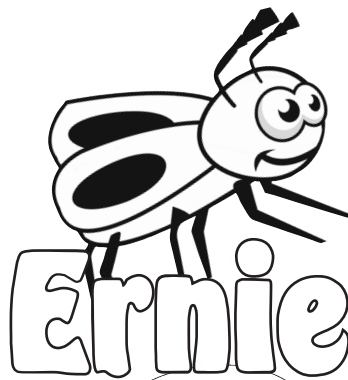
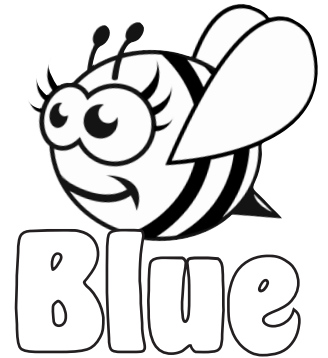
# #HappyOrchard

Your friends at #HappyOrchard invite you to play & learn:

<http://go.unl.edu/HappyOrchard>



Please share  
with your friends, too!





# Learn more about your friends at Happy Orchard...



**Blue**

**Blue** is a native "wild" bee who likes to be alone. Her body is shiny and blue, and in this book she learns how to "Be You & Do Something Cool!"



**Dr. Connie**

**Dr. Connie Reimers-Hild** is the Associate Director for the Rural Futures Institute at the University of Nebraska. Dr. Connie and her Happy Helpers, Raquel and Jagger Hild, enjoy helping people and pollinators live, work and play wherever they choose to spend their day! Connect with Dr. Connie on Twitter @AskDrConnie



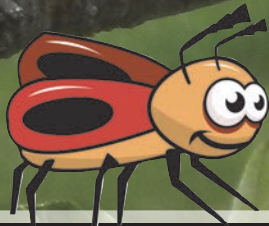
**Dr. Deb**

**Dr. Deb Weitzenkamp** is a Nebraska Extension Educator at Kimmel Education & Research Center located in Nebraska City, Nebraska. Dr. Deb's passion is to help youth become who they want to be and live where they want to live! Connect with Dr. Deb on Twitter @DebWeitzenkamp



**Buzz**

**Billie "Buzz" Bee** is a honeybee that knows the importance of eating healthy and moving your body!



**Ernie**

**Ernie** is a soldier beetle who likes to eat pollen and hunt for food. His one random act of kindness each day helps keep him happy and in a great mood!



**Kim**

**Kim Wellsandt** is a graphic designer who supports marketing at Kimmel Education and Research Center through innovative ideas and creative design. She has 30 plus years of experience in communication design and enjoys exploring new ways to connect through social media.



**Bonita**

**Bonita** is a monarch butterfly who likes to play outside while enjoying the sun. A little play each day keeps her happy and makes life fun!



**Flutter**

**Flutter** is a hummingbird moth with a tongue like a long straw. She knows how important it is to give gratitude even if you are not in a happy mood!

Follow us to...

# #HappyOrchard

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