

FREE!

HAPPY NEWS



ENGLAND

'Sheep therapy' improves mental health

Research shows that animals can help our mental health. Now, one woman in Somerset, England, has started offering 'sheep therapy' to prove the case! Shepherdess, Carla McLeod Bunter, allows people to feed, walk and cuddle her flock of 14 sheep. She said: "If people can benefit from them, then it's a great thing to do."



USA

Bunny rabbit joins US police force

Percy the bunny has joined the Yuba City Police Department in the USA as the force's new wellness officer. His important role is to reduce stress and improve the mental health of his fellow officers. He's doing a great job!



UK

Watch the skies shine this week with the Lyrids Meteor Shower

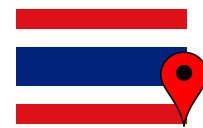
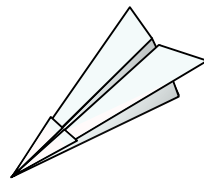
The Lyrids meteor shower is one of the world's oldest known meteor showers, having been observed for over 2,500 years. It happens every year and will be at its peak this weekend. The Lyrids is known for fast, bright meteors - and can produce as many as 100 shooting stars per hour!



USA

Paper aeroplane breaks world record

Is it a bird...Is it a plane? No - it's a paper aeroplane! The world record for the farthest flight by paper plane has been broken by three aerospace engineers who work for Boeing. Their paper aircraft flew a grand total of 289 feet and 9 inches - roughly the size of a small football pitch!



THAILAND

Thailand celebrates New Year with huge water fight

Thousands of people in Thailand have been celebrating Songkran, which marks the beginning of the Thai New Year. The festival has become famous for its huge water fight which takes place across the country. People use everything from hoses, buckets, bowls and water pistols to spray family, friends and strangers. Even the elephants get involved!

