



Understanding Our Feelings



Sometimes, I feel happy.



When I am sad, I cry.



I feel angry when things go wrong.



IT'S OKAY TO FEEL AFRAID.

Scary things make me feel scared.



I can tell someone how I feel.



When I say how I feel, I feel better.



My friend says, "It's okay to feel."



I can share my feelings.

Vocabulary

⇒ ■ Vocabulary:

1. **Happy**

- Feeling good and joyful inside

2. **Sad**

- Feeling down or wanting to cry

3. **Angry**

- Feeling upset and like something is not right

4. **Scared**

- Feeling afraid or worried about something

5. **Feelings**

- Emotions like happy, sad, or angry

6. **Cry**

- Tears coming from your eyes when you feel sad

7. **Listen**

- Paying attention to what someone is saying

8. **Proud**

- Feeling good about something you did or how you feel

Spellings

A: Happy

B: Hapy

A: Smile

B: Smyle

A: Cry

B: Crie

A: Angry

B: Angree

A: Scared

B: Scaird

A: Feel

B: Feal

A: Friend

B: Freind

A: Proud

B: Prouud

Comprehension Questions

■ Topic: Understanding Our Feelings

Comprehension Questions (Choose the Best Answer)

1. What happens when you feel happy?

A: My tears fall

B: My smile is big

2. What do you do when you feel sad?

A: I cry and my tears fall

B: I laugh loudly

3. How does your face feel when you're angry?

A: My face feels cold

B: My face feels hot

4. What happens when you feel scared?

A: My heart beats fast

B: I feel sleepy

5. What can you do if you're feeling sad?

A: Tell someone how I feel

B: Keep it a secret

6. How do you feel after telling someone your feelings?

A: I feel better

B: I feel worse

7. What does your friend say about feelings?

A: "You shouldn't feel that way."

B: "It's okay to feel."

8. How do you feel when you share your feelings?

A: I feel proud and happy

B: I feel embarrassed

Open-Ended Questions

1. How do you feel when you share your feelings with someone?
2. What are some things that make you feel happy or proud?
3. How can you tell when someone else is feeling sad or scared?
4. Why do you think it's important to talk about your feelings?
5. What can you do if you see a friend feeling upset or angry?