



# Understanding Our Feelings with Katie



**My name is Katie. Sometimes I feel  
different things inside.**



When I feel happy, I smile and laugh. I like to play with my friends.



Sometimes, I feel sad. My eyes get watery, and I want a hug.



When I feel angry, my face gets hot. I take a deep breath to feel better.



Sometimes, I feel scared. I tell an adult, and they help me feel safe.



I can ask, "Can you help me?" when I have big feelings.



**My friends and I talk about our feelings. We listen and understand each other.**



I feel proud when I share my feelings.  
It helps everyone feel better.

# Vocabulary

⇒ ■ Vocabulary:

## 1. Feelings

- Emotions like happy, sad, or scared inside us

## 2. Happy

- Feeling good and wanting to smile and laugh

## 3. Sad

- Feeling upset or wanting to cry

## 4. Angry

- Feeling mad or having a hot face

## 5. Scared

- Feeling afraid or worried about something

## 6. Hug

- Wrapping your arms around someone to show care

## 7. Safe

- Feeling protected and not in danger

## 8. Proud

- Feeling good about something you did or shared

# Spellings

A: Feelings

B: Fealings

A: Happy

B: Hapy

A: Friends

B: Frends

A: Sad

B: Sade

A: Angry

B: Angree

A: Safe

B: Saif

A: Understand

B: Understant

A: Proud

B: Proued

# Comprehension Questions

**1. What do you do when you feel happy?**

A: I smile and laugh

B: I cry

**2. What happens when Katie feels sad?**

A: Her eyes get watery, and she wants a hug

B: She laughs and plays

**3. What can you do if you feel angry?**

A: Take a deep breath to feel better

B: Yell and scream

**4. Who can help you when you feel scared?**

A: An adult who helps you feel safe

B: A stranger

**5. What can you say if you have big feelings?**

A: "Can you help me?"

B: "Leave me alone!"

**6. What do Katie and her friends do about their feelings?**

A: They talk and listen to each other

B: They ignore each other

**7. How does Katie feel when she shares her feelings?**

A: Proud and it helps everyone feel better

B: Embarrassed and upset

# Open-Ended Questions

1. How do you know when you are feeling happy?
2. What do you like to do when you feel sad?
3. Can you think of a time when you felt angry? What did you do to feel better?
4. Who do you talk to when you feel scared, and how do they help you?
5. How do you feel when you share your feelings with friends or family?