



Expressing Our Feelings Positively



Sometimes, I feel big feelings inside.



When I feel mad, I can take a deep
breath.



When I feel sad, I can tell a teacher or friend.



When I feel excited, I can jump up and down.



When I feel scared, I can hold my favorite toy.



When I feel happy, I can smile and share my joy.



I can ask for help when my feelings
are too big.



I feel proud when I share my feelings
and get help.

Vocabulary

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1. Feelings

- Emotions like happy, mad, or sad

2. Mad

- Feeling angry or upset

3. Sad

- Feeling unhappy or down

4. Excited

- Feeling very happy and eager

5. Scared

- Feeling afraid or worried

6. Happy

- Feeling good and joyful

7. Proud

- Feeling good about something you did

8. Help

- Getting support when you need it

Spellings

A: Feelings

B: Fealings

A: Mad

B: Mmad

A: Breath

B: Breathe

A: Teacher

B: Techer

A: Excited

B: Exited

A: Scared

B: Scaired

A: Happy

B: Hapy

A: Proud

B: Proude

Comprehension Questions

1. What should you do when you feel mad?

A: Take a deep breath

B: Yell and scream

2. Who can you talk to when you feel sad?

A: A teacher or friend

B: No one

3. What can you do when you feel excited?

A: Jump up and down

B: Sit still and be quiet

4. What can help you feel better when you are scared?

A: Hold your favorite toy

B: Run away

5. How can you show you are happy?

A: Smile and share your joy

B: Frown and hide

6. What should you do if your feelings are too big?

A: Ask for help

B: Keep it to yourself

7. How do you feel when you share your feelings and get help?

A: Proud

B: Ashamed

Open-Ended Questions

1. How do you feel when you share your feelings with someone?
2. What are some other ways you can calm down when you feel mad?
3. Who can you talk to when you're feeling sad or scared?
4. How do you show your excitement when something makes you happy?
5. Why is it important to ask for help when your feelings are too big?