



Understanding Our Feelings with Renzo



Today, I met a boy named Renzo. He feels different feelings, just like me.



Sometimes, Renzo feels happy. He smiles and laughs when he plays with his toys.



Other times, Renzo feels sad. He cries when his favorite toy is broken.



Renzo also feels angry. He gets mad when someone takes his toy without asking.



Sometimes, Renzo feels scared. He feels this way when the lights go out at night.



I told Renzo it is okay to feel all these feelings. Everyone does!



Renzo learned to say how he feels.
This helps others understand and help
him.



Now, Renzo feels good because he knows his feelings are important.

Vocabulary

⇒ ■ Vocabulary:

1. Feelings

- Emotions like happy, sad, or scared

2. Happy

- Feeling really good and wanting to smile

3. Sad

- Feeling upset or like you want to cry

4. Angry

- Feeling mad or upset when something is unfair

5. Scared

- Feeling afraid or worried about something

6. Understand

- Knowing how someone feels

7. Important

- Something that matters a lot

8. Cry

- Tears coming from your eyes when you feel sad

Spellings

A: Feelings

B: Fellings

A: Happy

B: Hapy

A: Sad

B: Sade

A: Angry

B: Angree

A: Scared

B: Scaired

A: Understand

B: Undurstand

A: Important

B: Importint

A: Everyone

B: Evryone

Comprehension Questions

■ Topic: Understanding Our Feelings with Renzo
Comprehension Questions (Choose the Best Answer)

1. Who is Renzo?

A: A toy

B: A boy who feels different feelings

2. What does Renzo do when he feels happy?

A: He cries

B: He smiles and laughs

3. What makes Renzo feel sad?

A: When his favorite toy is broken

B: When he gets a new toy

4. How does Renzo feel when someone takes his toy without asking?

A: Angry

B: Happy

5. What makes Renzo feel scared?

A: When he plays with his toys

B: When the lights go out at night

6. What did Renzo learn to do with his feelings?

A: Hide them

B: Say how he feels

7. Why is it okay for Renzo to feel different feelings?

A: Because everyone feels them

B: Because he shouldn't feel anything

8. How does Renzo feel now that he knows his feelings are important?

A: Good

B: Confused

Open-Ended Questions

1. How do you feel when you play with your favorite toys?
2. What can you do when you feel sad, like Renzo, because something you like is broken?
3. How can you tell someone you are feeling angry or upset?
4. What are some things that make you feel scared, and who can help you feel better?
5. Why is it important to talk about your feelings with others?