



Using Words to Share Feelings



I felt hungry in class today.



I looked at Ms. Lee.



I felt shy to ask.



"Ms. Lee, I am hungry," I said.



"Okay, Saanvi," she said.

Sharing Time



I felt happy.



I said, "Thank you, Ms. Lee."



I can use words to share my feelings.

Vocabulary

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1. **Hungry**

- Wanting or needing food

2. **Tummy**

- Another word for stomach

3. **Shy**

- Feeling nervous or quiet around others

4. **Ask**

- To say you want or need something

5. **Smile**

- A happy look on your face

6. **Snack**

- A small amount of food to eat

7. **Happy**

- Feeling good inside

8. **Feelings**

- Emotions like happy, sad, or hungry

Spellings

A: Hungry

B: Hungrie

A: Noises

B: Noizes

A: Shy

B: Shie

A: Breath

B: Breth

A: Smile

B: Smille

A: Snack

B: Snak

A: Happy

B: Hapy

A: Feelings

B: Feelengs

Comprehension Questions

1. What did Saanvi feel in class?

A: Hungry

B: Sleepy

2. Who did Saanvi talk to about feeling hungry?

A: Ms. Lee

B: Her friend

3. What did Saanvi do before she spoke to Ms. Lee?

A: Took a deep breath

B: Ran away

4. How did Saanvi feel after talking to Ms. Lee?

A: Happy

B: Angry

5. What did Ms. Lee say after Saanvi said she was hungry?

A: "Let's get a snack."

B: "You can't eat now."

6. Why is it good to use words to share feelings?

A: It helps you feel better

B: It makes you feel worse

7. What did Saanvi say to Ms. Lee after getting a snack?

A: "Thank you, Ms. Lee."

B: "I don't want a snack."

Open-Ended Questions

1. How do you feel when you are able to tell someone how you feel?
2. What can you do if you feel shy about sharing your feelings?
3. Why do you think using words to share your feelings is important?
4. How did Saanvi feel after she told Ms. Lee she was hungry?
5. Can you think of a time when telling someone how you felt helped you feel better? What happened?