



# Chiru Learns About Feelings



My name is Chiru. Sometimes, I feel different things inside me. Today, I will learn about feelings.



When I am happy, my face smiles. I  
feel like I want to laugh and play.  
Happy is a nice feeling.



Sometimes, I feel sad. My eyes might cry, and I want a hug. Sad is okay, and it helps to talk to someone.



When I am angry, my body feels tight,  
and I want to shout. I can take deep  
breaths to feel better.



Sometimes, I feel scared. My heart beats fast, and I want to hide. I can tell an adult, and they can help me feel safe.



Chiru and the Cloud of Feelings

I can have different feelings in one day. That is okay. Feelings come and go like clouds in the sky.



I can tell someone how I feel. Saying, "I am happy," or "I am sad," helps others understand me.



Learning about my feelings helps me feel strong. I can understand myself better every day.

# Vocabulary

⇒ ■ Vocabulary:

## 1. Feelings

- Emotions like happy, sad, or angry inside you

## 2. Happy

- Feeling good and wanting to smile or play

## 3. Sad

- Feeling upset and sometimes wanting to cry or have a hug

## 4. Angry

- Feeling mad and wanting to shout or stomp

## 5. Scared

- Feeling afraid, like wanting to hide

## 6. Breathe

- Taking air in and out to help you calm down

## 7. Safe

- Feeling protected and not in danger

## 8. Understand

- Knowing what someone feels or thinks

# Spellings

A: Feelings

B: Fillings

A: Happy

B: Hapy

A: Sad

B: Sade

A: Angry

B: Angrey

A: Scared

B: Scaired

A: Laugh

B: Laff

A: Strong

B: Stronge

A: Understand

B: Undrstand

# Comprehension Questions

■ Topic: Chiru Learns About Feelings

Comprehension Questions (Choose the Best Answer)

**1. What does Chiru feel when he is happy?**

A: He wants to cry

B: He wants to laugh and play

**2. What can Chiru do when he feels sad?**

A: Keep it inside

B: Talk to someone and ask for a hug

**3. What happens to Chiru's body when he feels angry?**

A: It feels tight and he wants to shout

B: It feels relaxed and calm

**4. What can Chiru do when he feels scared?**

A: Run away and hide

B: Tell an adult to help him feel safe

**5. Why is it okay to have different feelings in one day?**

A: Because feelings are like clouds that come and go

B: Because feelings should never change

**6. How can Chiru help others understand his feelings?**

A: By staying quiet

B: By saying, "I am happy," or "I am sad"

**7. What does learning about his feelings do for Chiru?**

A: It makes him feel weak

B: It helps him feel strong and understand himself better

# Open-Ended Questions

1. How do you know when you are feeling happy, and what do you like to do when you feel this way?
2. What can you do to feel better when you are feeling sad or need a hug?
3. Can you think of a time when you felt angry? What helped you calm down?
4. What might you say to an adult if you're feeling scared and need help?
5. How do you feel when you talk to someone about your feelings?