



# Sharing Our Feelings



Today, I felt happy when I played with my blocks.



Sometimes, I feel sad if my friend  
doesn't play with me.



I felt angry when my toy broke.



I get scared when I hear loud noises.



I took a deep breath and told my teacher, "I feel sad."



My teacher listened and said, "It's okay to feel sad."

## A FRIENDLY CHAT



I felt better after sharing my feelings.



It's good to talk about how I feel.

# Vocabulary

⇒ ■ Vocabulary:

## 1. **Happy**

- Feeling good and joyful inside

## 2. **Sad**

- Feeling upset or not happy

## 3. **Angry**

- Feeling mad or upset about something

## 4. **Scared**

- Feeling afraid or worried about something

## 5. **Feelings**

- Emotions like happy, sad, angry, or scared

## 6. **Breathe**

- Taking air in and out to help feel calm

## 7. **Listen**

- Paying attention to what someone is saying

## 8. **Share**

- Telling someone about your thoughts or feelings

# Spellings

A: Happy

B: Hapy

A: Friend

B: Freind

A: Angry

B: Angree

A: Scared

B: Scaired

A: Deep

B: Depp

A: Teacher

B: Techer

A: Better

B: Beter

A: Feelings

B: Fealings

# Comprehension Questions

**1. What should you do when you feel sad?**

A: Keep it a secret

B: Tell someone how you feel

**2. How did the child feel when their toy broke?**

A: Happy

B: Angry

**3. What can you do to feel better when you're scared?**

A: Run away

B: Talk to a teacher or friend

**4. Why is it good to talk about your feelings?**

A: It helps you understand and feel better

B: It makes you feel more upset

**5. What did the teacher say about feeling sad?**

A: "It's bad to feel sad."

B: "It's okay to feel sad."

**6. How did the child feel after sharing their feelings?**

A: Better

B: Worse

# Open-Ended Questions

1. How do you feel when you talk about your feelings with someone?
2. What can you do if you feel sad and want someone to know?
3. Why do you think sharing your feelings can make you feel better?
4. How can you help a friend who feels scared or upset?
5. What are some feelings you have felt today, and how did you share them?