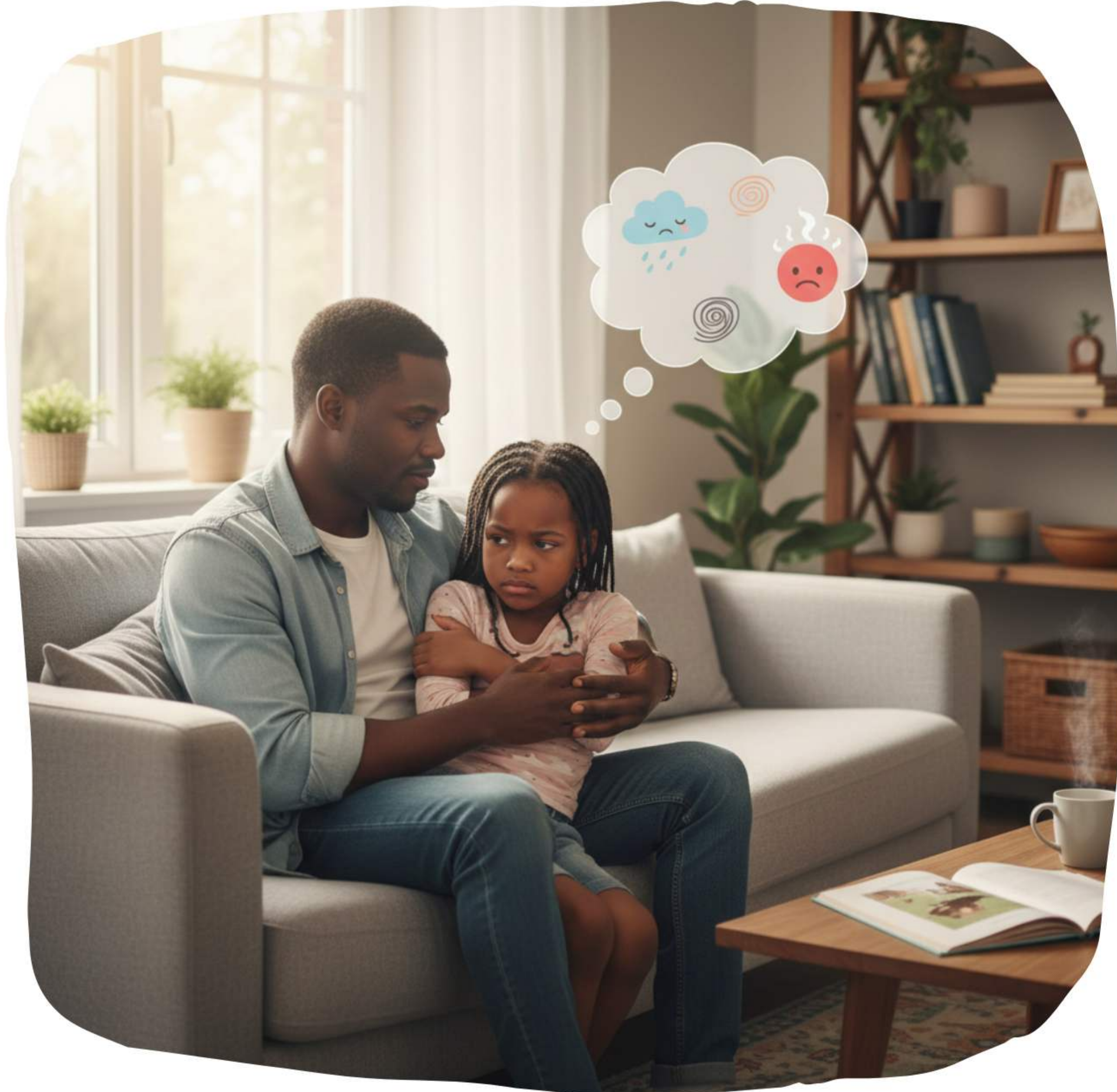


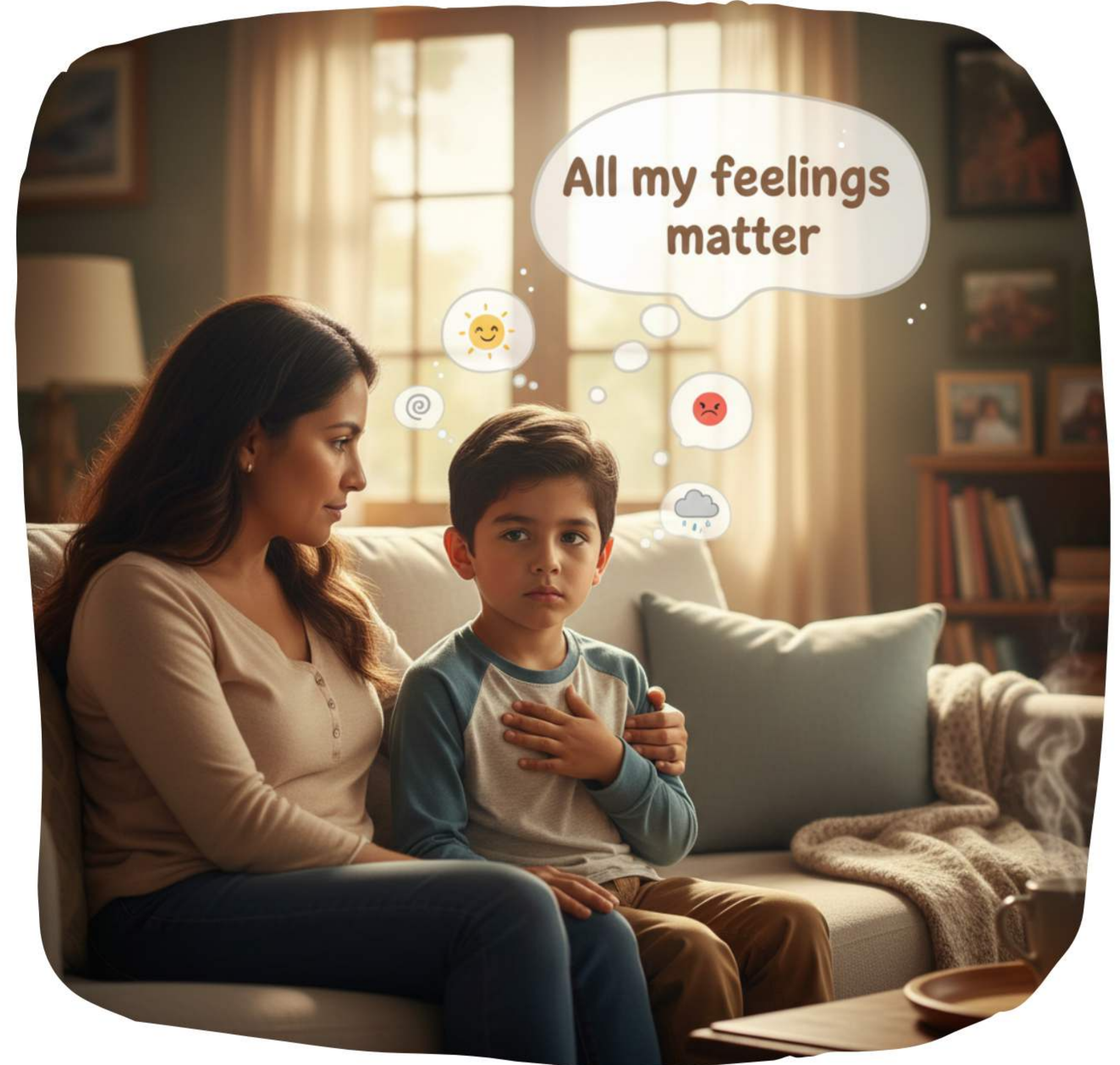
“Every day, I feel many different feelings.”



“Sometimes I feel happy, excited, or proud.”



“Sometimes I feel angry, sad, or frustrated too.”



“All my feelings are real, and all of them matter.”



“Feelings can be strong, but they don’t control me.”



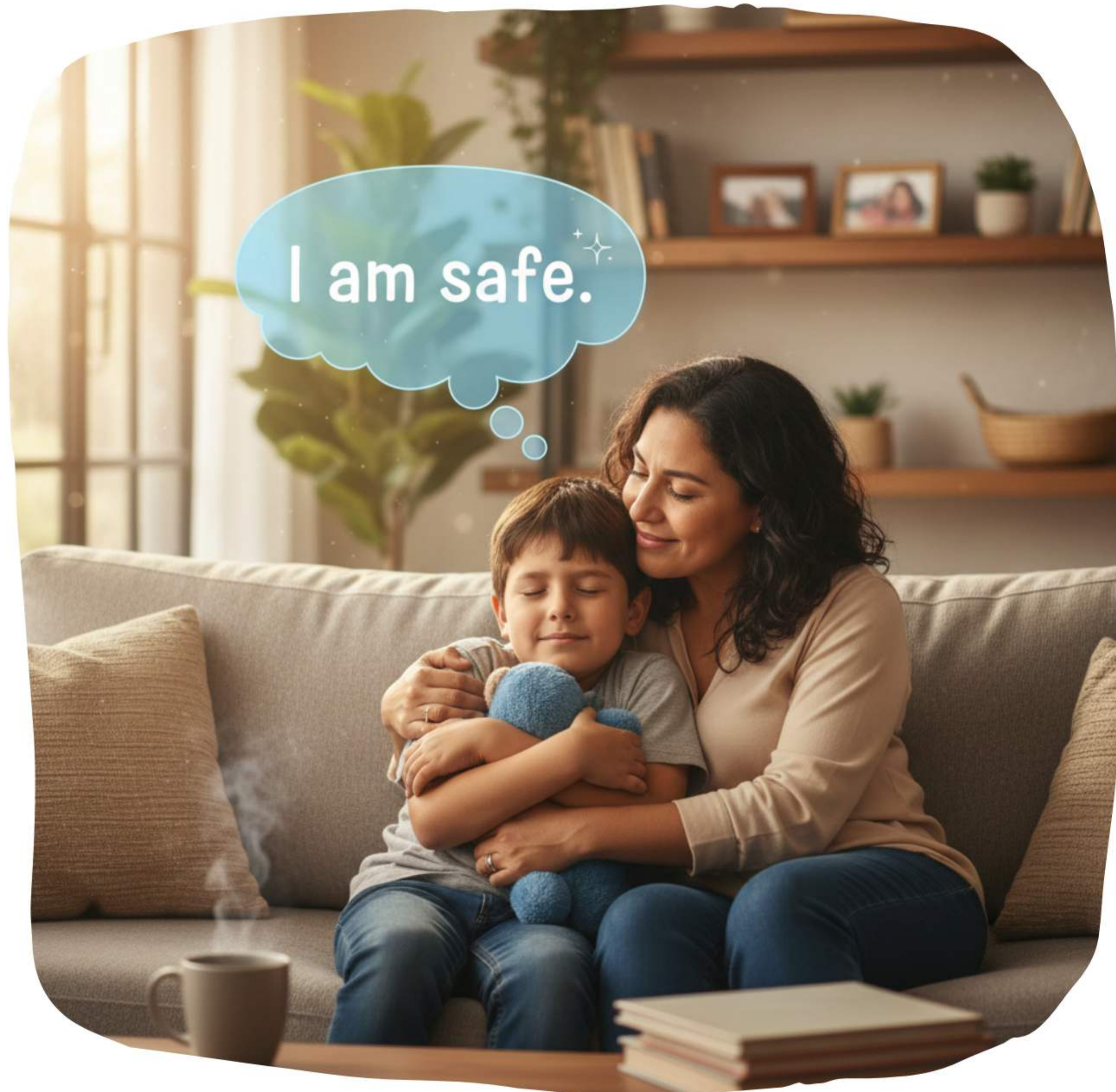
“I can learn what to do when I feel different emotions.”



“When I feel angry, I can take slow, deep breaths.”



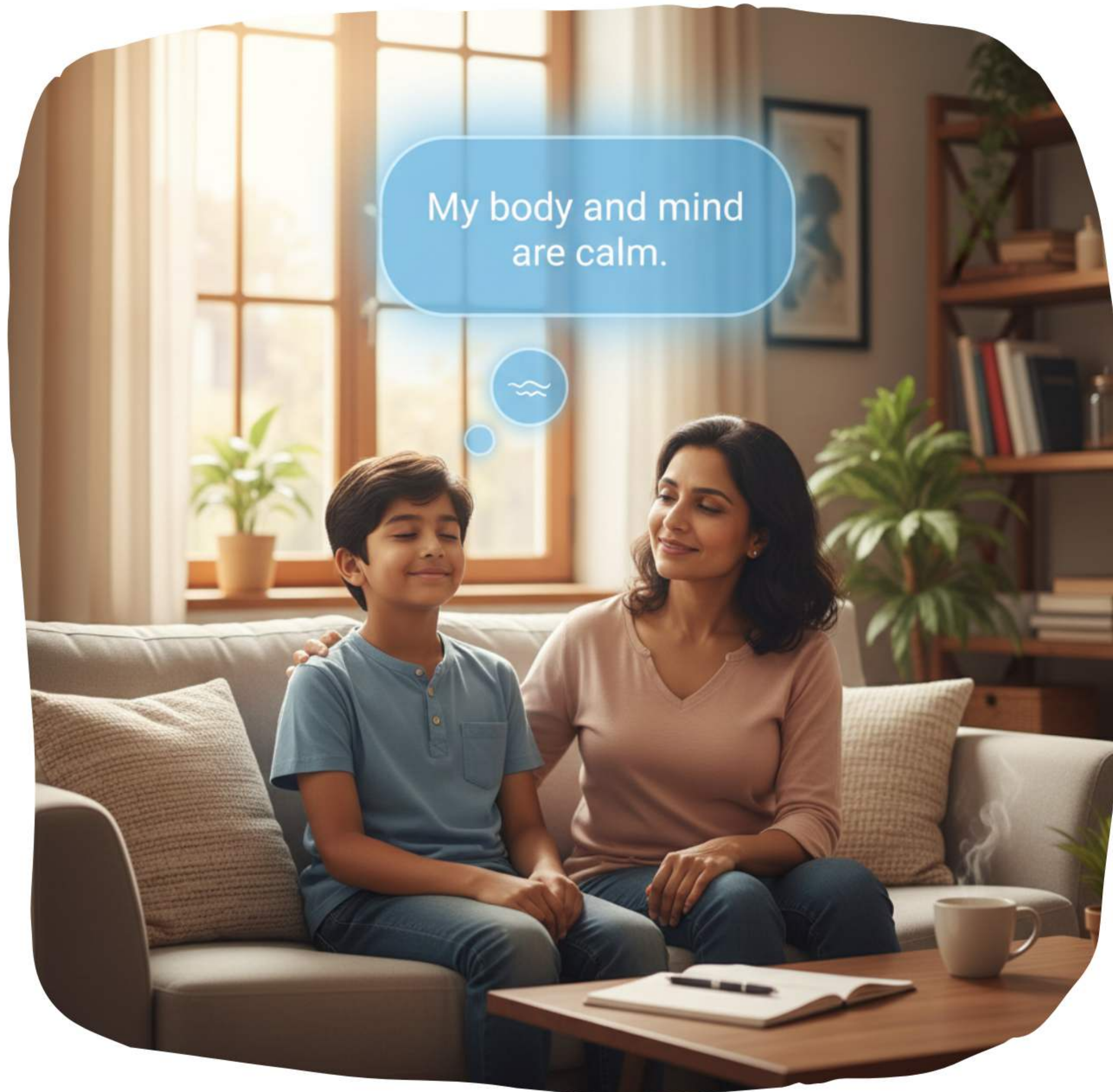
“When I feel sad, I can tell someone I trust.”



“When I feel scared, I can remind myself that I am safe.”



“When I feel frustrated, I can take a break and try again later.”



“These choices help me calm my body and mind.”



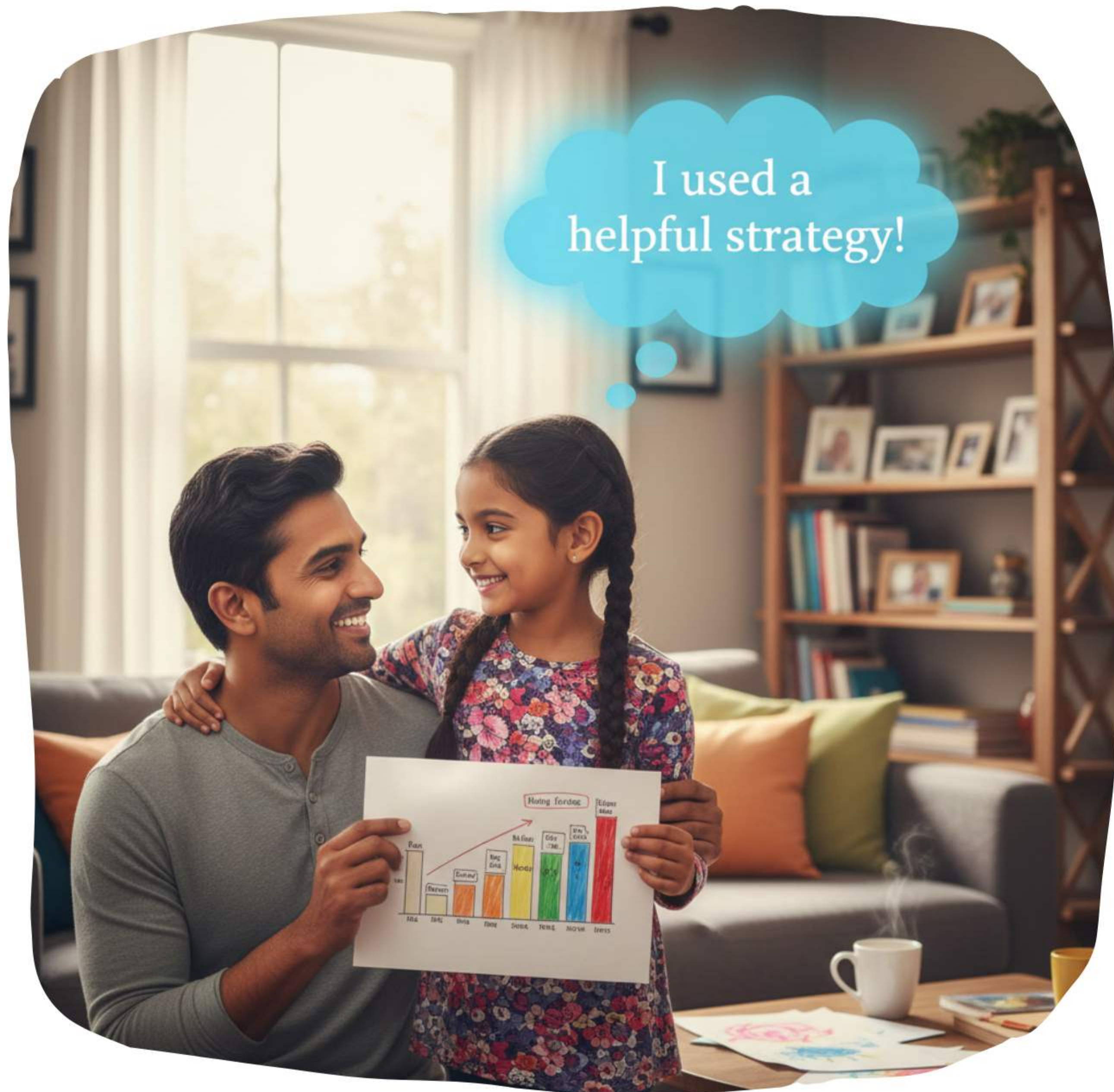
“I can notice my feelings before they get too big.”



“I can choose what to do next, even when it’s hard.”



“The choices I make help me feel more in control.”



“People around me feel proud when I use helpful strategies.”



“I am learning every day, and I am in charge of my feelings.”



Vocabulary

- Feelings

A: The emotions I experience inside.

B: The clothes I wear every day.

- Frustrated

A: Feeling stuck or upset when something is hard.

B: Feeling silly and giggly.

- Control

A: Being able to guide what I do next.

B: Letting my feelings make all the decisions.

- Safe

A: Protected and okay.

B: Lost or in danger.

- Choices

A: Different things I can decide to do.

B: Things that happen with no options.



Spellings

A: Feelings

B: Fealings

A: Sadd

B: Sad

A: Calm

B: Kalm

A: Brake

B: Break

A: Safe

B: Saif



Comprehension

- How do I stay in charge of my feelings?
A: By choosing helpful things to do when I feel big emotions.
B: By letting my feelings boss me around.
- What can I do when I feel angry?
A: Take slow, deep breaths.
B: Start yelling loudly.
- What can I do when I feel sad?
A: Tell someone I trust.
B: Hide my feelings inside forever.
- What can I remind myself when I feel scared?
A: "I am safe."
B: "Everything is dangerous."
- What helps me feel more in control?
A: Making helpful choices.
B: Ignoring my emotions.



Open-Ended Questions

- What feeling do you notice most often in your day?

- What helps you calm down when your feelings become big?

- Who makes you feel safe when you're sad or scared?

- What is one helpful choice you can make when you feel frustrated?

Role-Play Activity

- **Scenario 1**

You feel angry because something didn't go your way. → Practice taking 3 deep breaths.

- **Scenario 2**

You feel sad after something upsetting happens. → Practice telling a trusted person how you feel.

- **Scenario 3**

You feel scared in a new situation. → Practice saying, "I am safe."

- **Scenario 4**

You feel frustrated while doing a task. → Practice taking a short break and trying again.