



**“Every day, I feel many different emotions.”**



**“My feelings can change depending on what is happening.”**



**“It’s okay to have any feeling—big or small.”**



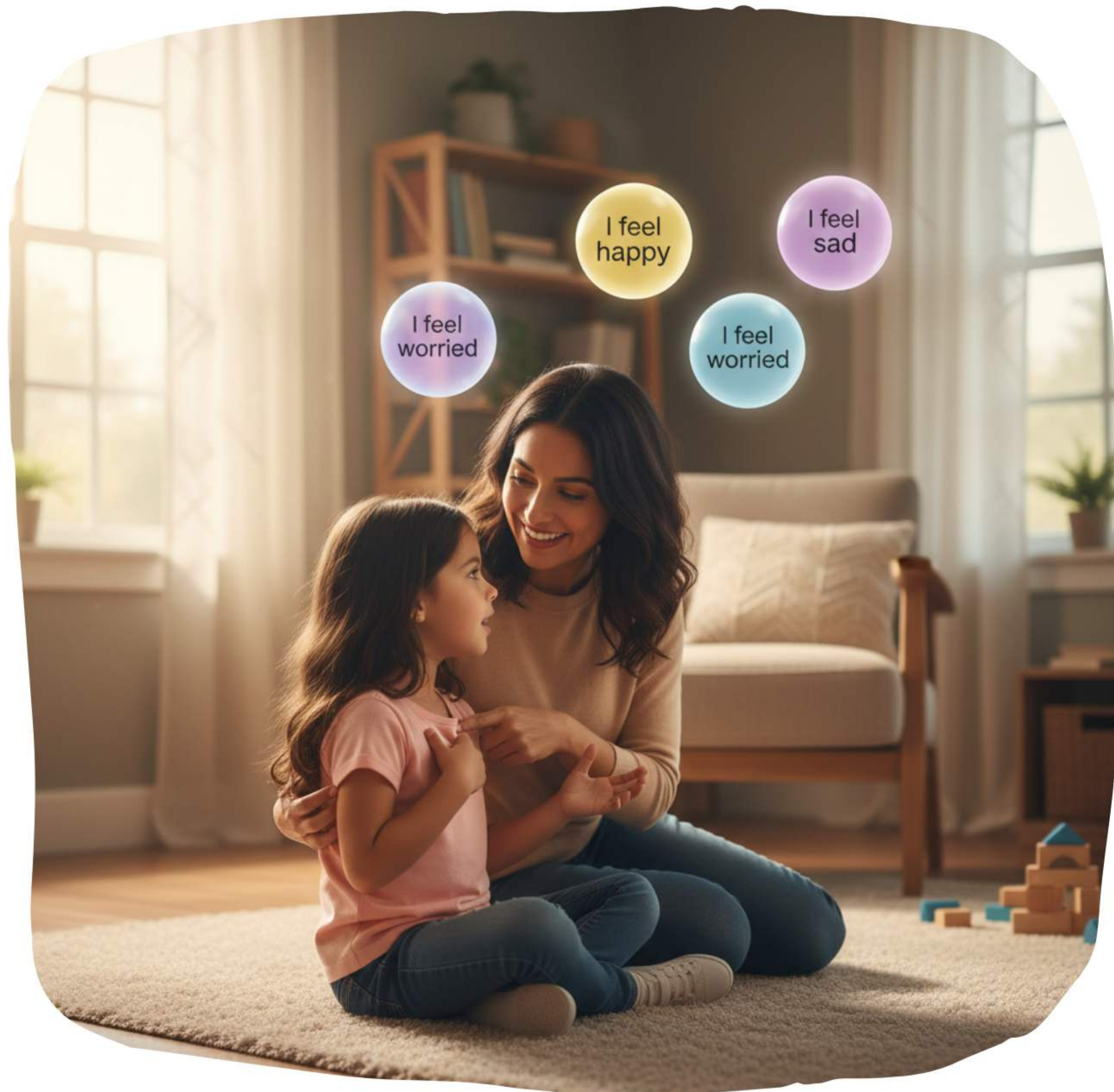
**“Telling others how I feel helps them understand me better.”**



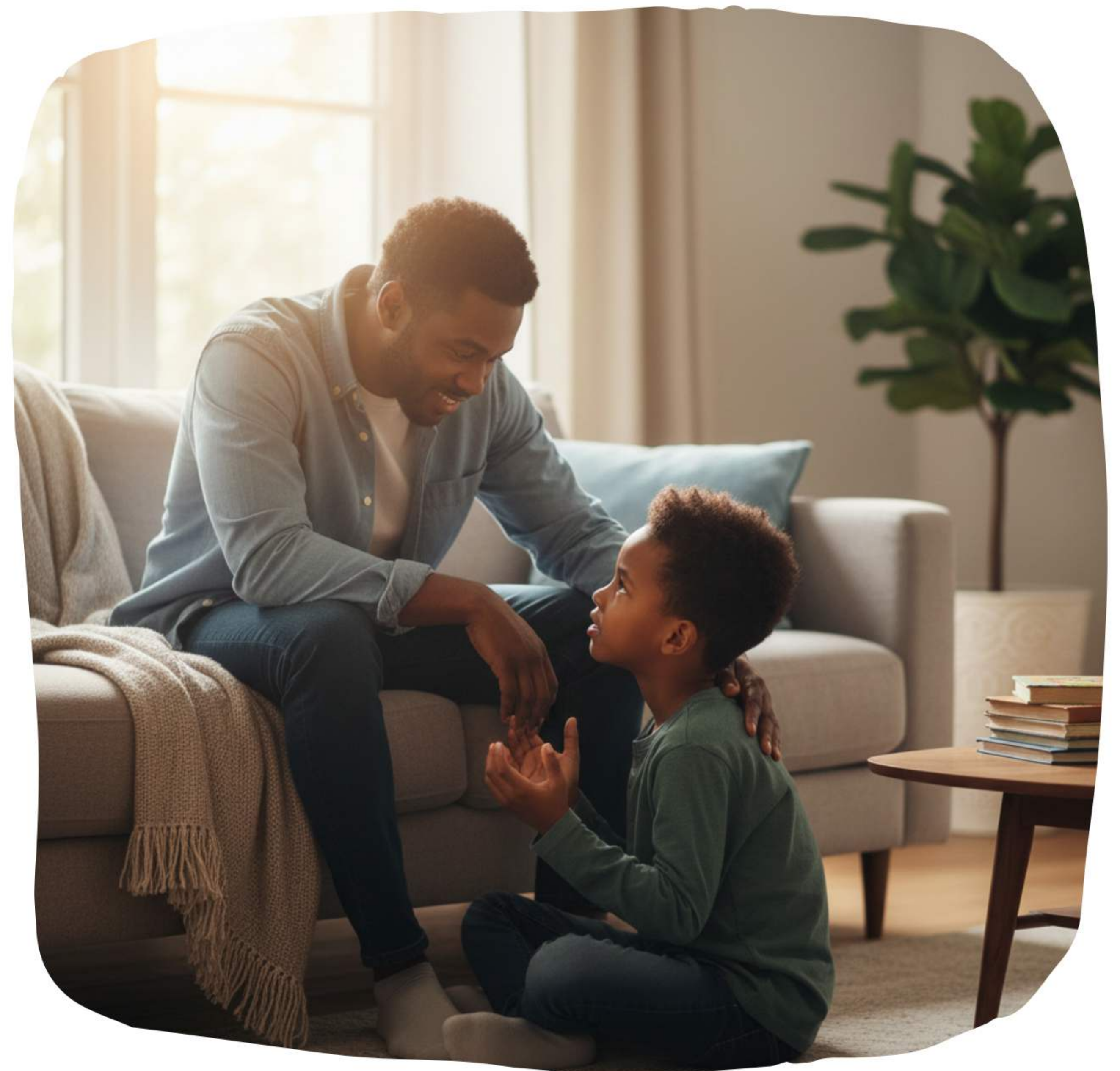
**“I can start by noticing what I feel inside my body.”**



**“If I feel happy, sad, scared, confused, or angry, I can name the feeling.”**



**“I can use simple words like ‘I feel happy,’ ‘I feel sad,’ or ‘I feel worried.’”**



**“I can talk to someone I trust, like a parent, teacher, or friend.”**



**“I can use a calm voice to share my feelings.”**



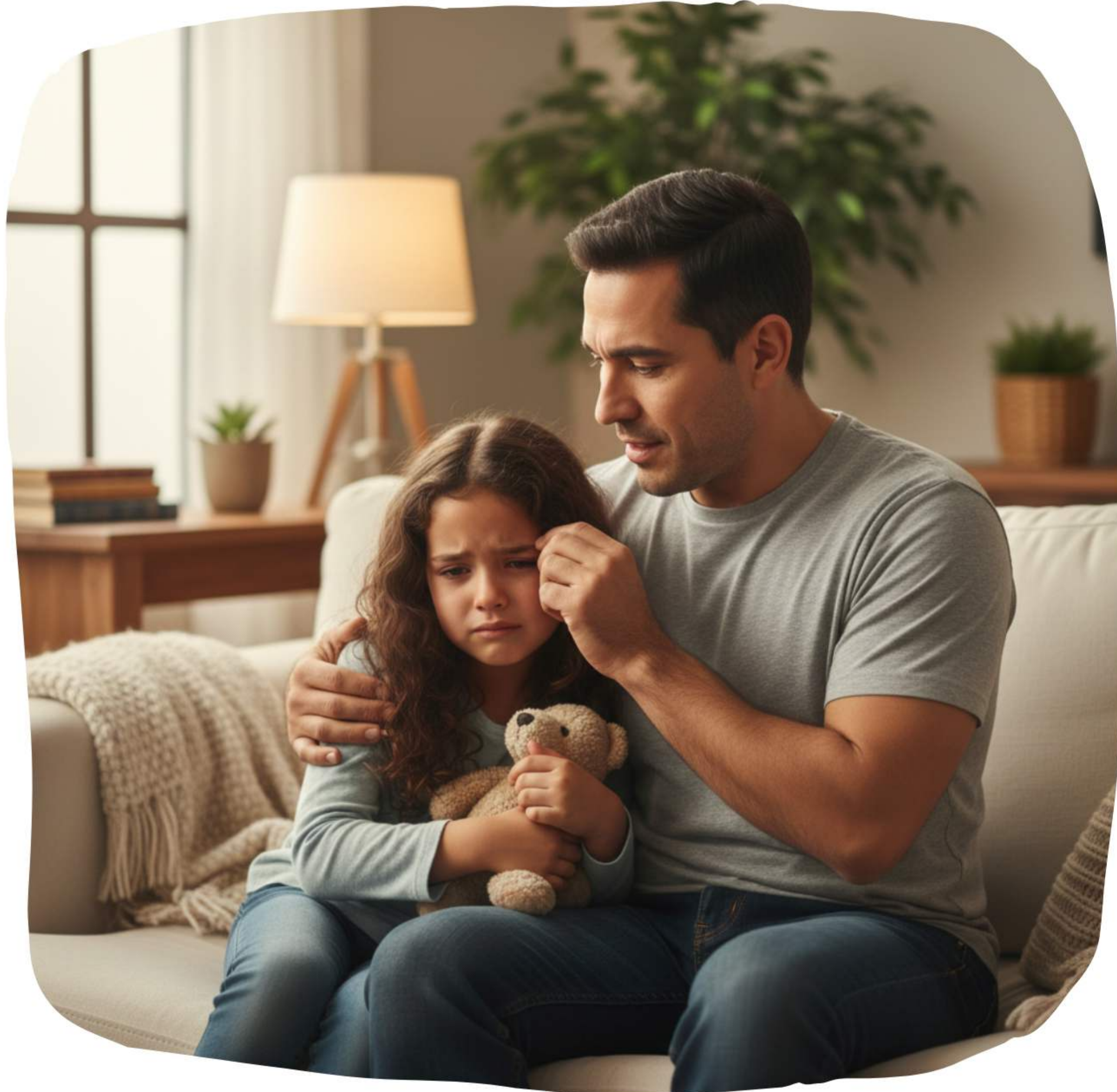
**“If I’m too upset to talk, I can take a breath or a short break first.”**



**“When I’m ready, I can tell the person what made me feel that way.”**



**“Others might not always know how I feel unless I tell them.”**



**“When I share my feelings, people can help me feel better.”**



**“Sometimes people have different feelings, and that’s okay too.”**



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**“Talking about my feelings helps me feel calmer and understood.”**



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**“When I tell others how I feel, I take care of myself in a strong and healthy way.”**



# Vocabulary

- Emotion

A: A feeling inside me. (Correct)

B: A type of game.

- Share

A: Tell someone something about myself. (Correct)

B: Keep everything a secret.

- Calm

A: Feeling steady and relaxed. (Correct)

B: Feeling very upset.

- Trust

A: Feeling safe with someone. (Correct)

B: Feeling unsure or scared of someone.

- Upset

A: Feeling sad, angry, or worried. (Correct)

B: Feeling excited.



# Spellings

A: Feel (Correct)

B: Feal

A: Sad (Correct)

B: Sadd

A: Happy

B: Happy (Correct)

A: Talk (Correct)

B: Tak

A: Calm (Correct)

B: Calem



## Comprehension

- Why is telling others how I feel important?  
A: It helps people understand and support me. (Correct)  
B: It makes things more confusing.

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- What can I do if I'm too upset to talk?  
A: Take a breath or a short break. (Correct)  
B: Never talk about it.

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- Who can I talk to about my feelings?  
A: A parent, teacher, or someone I trust. (Correct)  
B: A stranger who isn't listening.

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- How can I start sharing my feelings?  
A: By naming the feeling I'm having. (Correct)  
B: By pretending I'm okay.

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- What happens when I tell someone how I feel?  
A: I feel calmer and more understood. (Correct)  
B: I feel worse every time.



## Open-Ended Questions

- What feelings did you experience today?  
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- Who do you feel comfortable talking to when you're sad or worried?  
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- What makes it hard to share your feelings sometimes?  
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- What helps you calm down before talking about your feelings?  
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# Role-Play Activity

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- **Scenario 1**

You feel sad because a toy broke. → Practice saying, “I feel sad. Can you help me?”

- **Scenario 2**

You feel worried about something new. → Practice saying, “I feel worried. Can we talk about it?”

- **Scenario 3**

You feel excited about a good moment. → Practice saying, “I feel excited! Look what happened!”

- **Scenario 4**

You feel angry because someone took your turn. → Practice saying, “I feel angry. Please give me my turn back.”