



This morning, Mom told me we are going to the zoo tomorrow. My whole body felt tingly and full of energy. I was excited!



Excitement is a feeling I get when something fun or special is going to happen



Sometimes, I feel excited when I know a special day is coming, like my birthday or a holiday



I can also feel excited when I do something new, like trying a new game or visiting a new place



When I feel excited, my body can change. My heart beats faster, and I might want to jump, run, or talk really fast



It's fun to feel excited, but sometimes the feeling can be so big that it's hard to sit still or focus



Excitement shows me that I care about something and that I'm looking forward to it



When I'm excited, I can share my feelings by telling someone, like Mom or Dad, why I'm happy



Sometimes, excitement can make me want to talk loudly or jump around, but I can practice staying calm when I need to



One way to handle big excitement is to move my body, like dancing or doing jumping jacks



Another way to enjoy excitement is to use the extra energy to do something creative, like drawing or making a card



Sometimes, I can write down what I'm excited about to help me remember it and feel even happier



It's also important to listen when someone else is talking, even when I feel excited. This helps me stay calm and polite



Excitement doesn't last forever. After a special day or event, I might feel calmer and even a little tired



I've learned that excitement is a wonderful feeling that helps me enjoy the fun things in life



Now I know that excitement is just one of many feelings, and I can enjoy it in ways that make me and others happy



Vocabulary

- Excitement

A: A feeling when something fun or special is going to happen

B: A feeling when something sad happens

- Special

A: Something unique or important

B: Something very common

- Energy

A: Feeling active and ready to move

B: Feeling very tired and sleepy

- Calm

A: Feeling peaceful and relaxed

B: Feeling loud and jumpy

- Creative

A: Doing the same thing every time

B: Making or thinking of new and fun ideas



Spellings

A: Tomorrow

B: Tommorrow

A: Energy

B: Enargy

A: Ecited

B: Excited

A: Birtday

B: Birthday

A: Change

B: Chang

A: Forward

B: Forvard

A: Jamping

B: Jumping

A: Practice

B: Practis



Comprehension

- What made the child feel excited in the story?
A: They were going to the zoo
B: They were doing homework

- What happens to the child's body when they feel excited?
A: They feel full of energy and want to jump or talk fast
B: They feel tired and sleepy

- What can the child do to enjoy their excitement?
A: Move their body by dancing or jumping jacks
B: Stay still and not talk about it

- What can help the child calm down when they feel too excited?
A: Yell loudly and run around
B: Take deep breaths and focus on something creative

- What did the child learn about excitement?
A: It's something they should ignore
B: It's a fun feeling that helps them enjoy special things



Open-Ended Questions

- What makes you feel excited?

- How does your body feel when you're excited?

- Who do you like to share your excitement with?

- What can you do when you feel too excited to sit still?



Creative Activity

- **Draw Your Excitement**

Ask the child to draw something that makes them feel excited, like a favorite activity or a special day

- **Make an "Excitement Jar"**

Help the child write down fun things they're looking forward to on small pieces of paper and put them in a jar to read later



Role-Play Activity

- **Scenario 1**

Pretend the child is excited about going to the park. Practice talking about their excitement and taking deep breaths to stay calm while waiting

- **Scenario 2**

Act out a situation where the child is excited to share good news with a friend. Practice speaking clearly and politely without yelling

- **Scenario 3**

Pretend the child feels excited about a party tomorrow. Practice writing down what they're excited about and planning something fun to do while waiting