



“Every day, I feel many different feelings.”



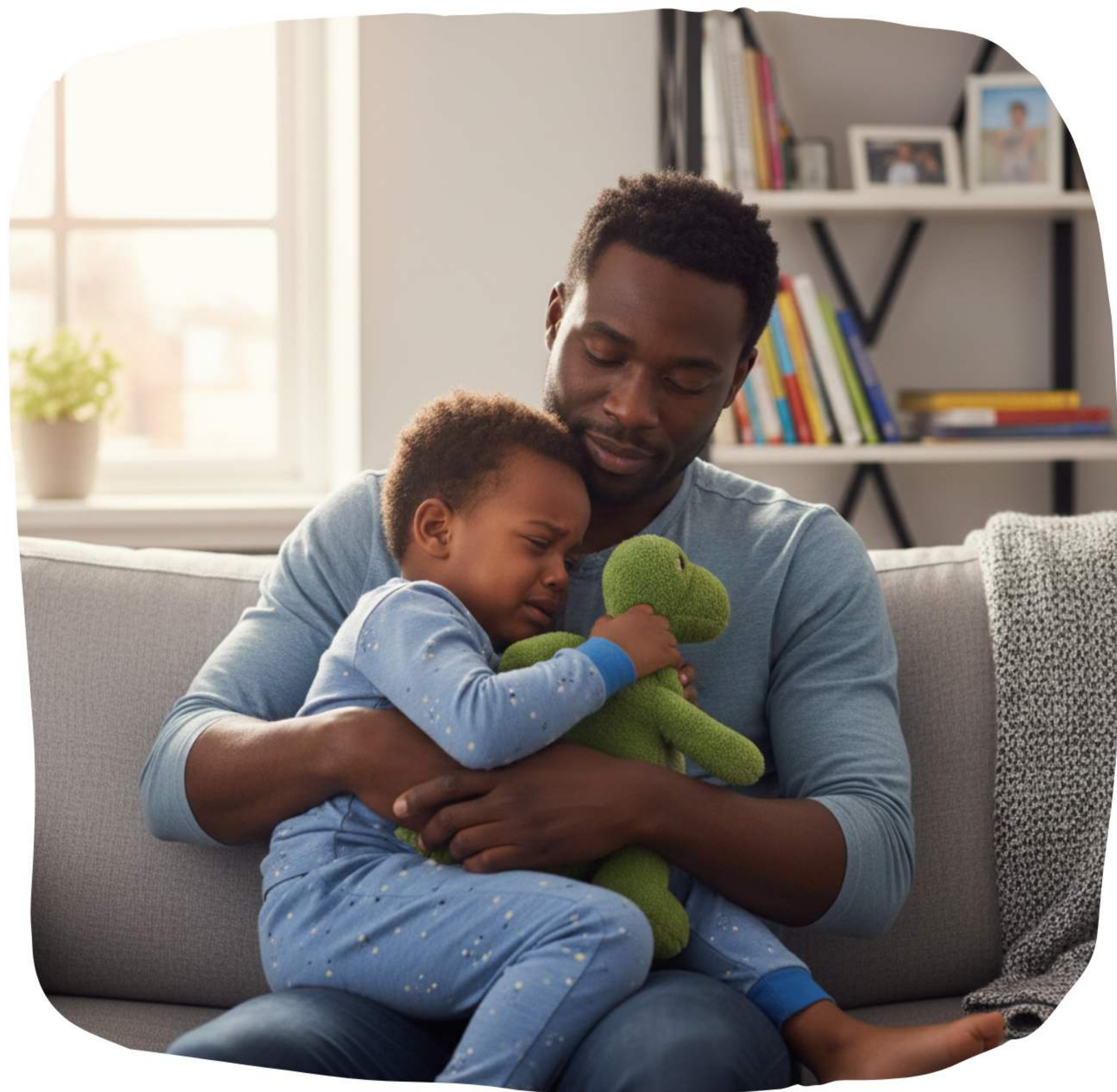
“Feelings can change throughout the day.”



“All feelings are okay—even the big or uncomfortable ones.”



“When I feel happy, my body might feel light and energetic.”



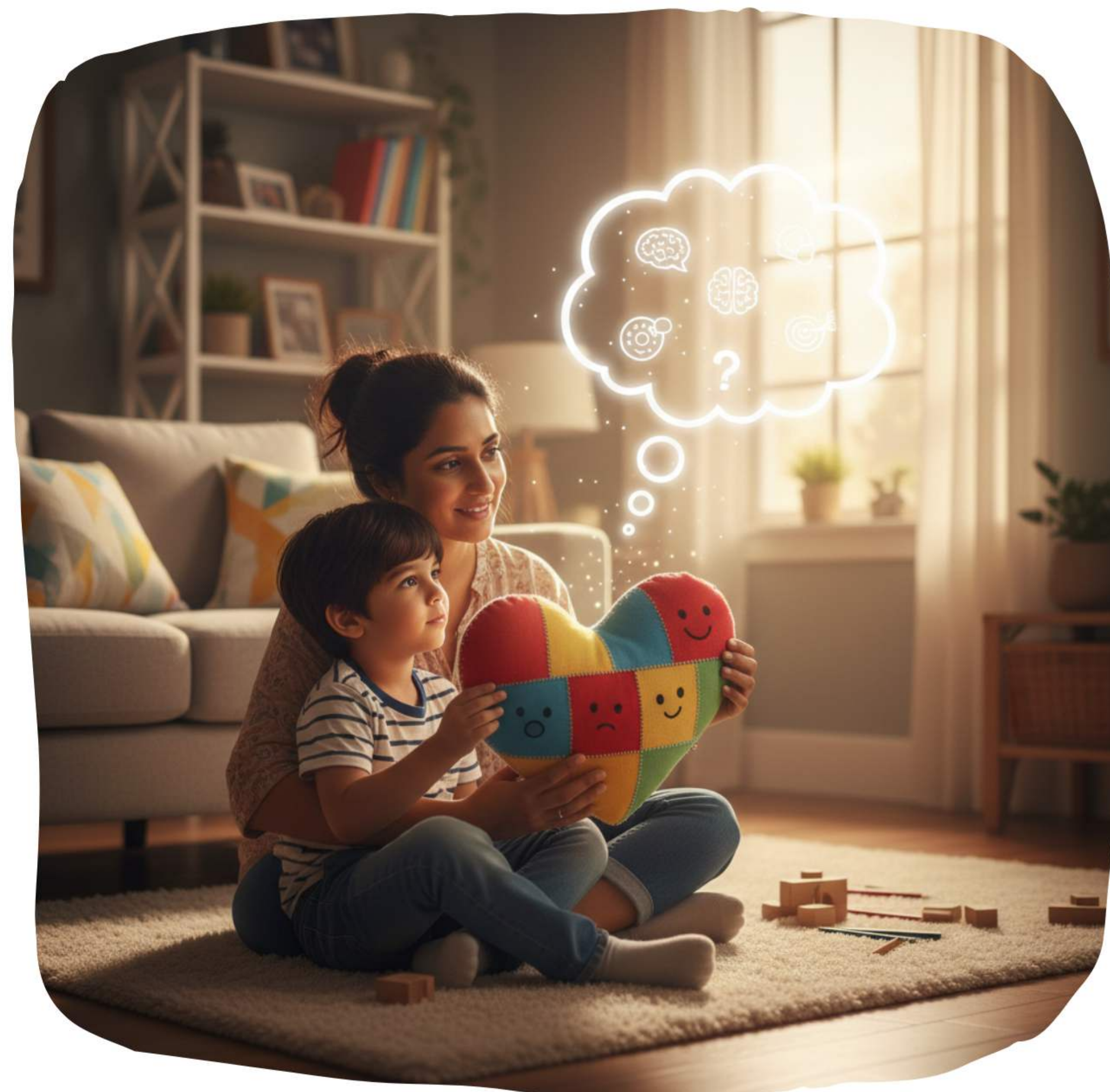
“When I feel sad, I might want a hug or some quiet time.”



“When I feel angry, my body might get tense or hot.”



“When I feel scared, I might want to stay close to someone I trust.”



“Feelings are messages that tell me what is happening inside me.”



“If I pay attention to my feelings, I can understand what I need.”



“I can notice my feelings by looking at my body and my thoughts.”



“When I know what I’m feeling, I can choose what to do next.”



“If I feel sad, I might need comfort. If I feel angry, I might need space.”



“If I feel excited, I might want to play or talk about it.”



“If I feel scared, I can tell someone I trust.”



“Talking about my feelings helps others understand me.”



“When I understand my feelings, I can take care of myself and feel calmer and stronger.”



Vocabulary

- Feelings

A: Emotions I experience inside. (Correct)

B: The weather outside.

- Calm

A: Feeling relaxed and steady. (Correct)

B: Feeling out of control.

- Message

A: Something that gives me information. (Correct)

B: Something I ignore.

- Comfort

A: Something that helps me feel better. (Correct)

B: Something that makes me more upset.

- Trust

A: Feeling safe with someone. (Correct)

B: Feeling unsure of someone.



Spellings

A: Feeling (Correct)

B: Fealing

A: Scared (Correct)

B: Scaird

A: Sadd

B: Sad (Correct)

A: Happy (Correct)

B: Happpy

A: Calm (Correct)

B: Calem



Comprehension

- Why do I have different feelings?
A: Because feelings change throughout the day. (Correct)
B: Because something is wrong with me.
- What are feelings?
A: Messages that tell me what's happening inside. (Correct)
B: Random thoughts that don't matter.
- How can I understand my feelings?
A: By noticing my body and my thoughts. (Correct)
B: By ignoring them.
- What can I do when I feel scared?
A: Tell someone I trust. (Correct)
B: Hide and stay quiet.
- Why is talking about my feelings helpful?
A: It helps others understand me. (Correct)
B: It makes feelings worse.



Open-Ended Questions

- What feeling did you have today, and what caused it?

- How does your body feel when you're sad, angry, or scared?

- What helps you feel better when you're upset?

- Who do you like talking to about your feelings?

Role-Play Activity

- **Scenario 1**

You feel sad because something didn't go your way.
→ Practice asking for comfort or a hug.

- **Scenario 2**

You feel angry during a game.
→ Practice taking deep breaths or asking for space.

- **Scenario 3**

You feel excited about a new toy.
→ Practice sharing the excitement with someone.

- **Scenario 4**

You feel scared in a new place.
→ Practice telling a trusted adult, "I feel scared."