



Tomorrow is my birthday, and I can't stop thinking about the cake, balloons, and presents. I feel so full of energy. I'm excited!



Excitement is a feeling I have when something fun or special is about to happen



When I'm excited, my body feels tingly, and my heart beats faster. I might want to jump up and down or talk really fast



It's fun to feel excited, but sometimes the feeling can get so big that it's hard to stay calm or wait for things to happen



When I feel excited, I can share my happiness by telling someone about what I'm looking forward to



Sometimes, when I feel too excited, I can take a deep breath to help my body feel calmer



**If I still have too much energy,
I can move my body by dancing
or doing jumping jacks**



**Another way to enjoy
excitement is to do something
creative, like drawing a picture
or writing down what I'm
looking forward to**



When I feel excited about something far away, like a holiday or trip, I can use a calendar to count the days



It's important to listen when others are talking, even when I'm excited. This shows that I care about what they have to say too



Sometimes, excitement can make me feel wiggly, but I can practice staying calm when I need to, like at school or bedtime



When I talk about my excitement or use my energy in a fun way, I start to feel more in control of my feelings



After the fun event, I might feel calmer and even a little tired, but I can still remember how much fun I had



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



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Now I know that when I feel excited, I can share my feelings, stay calm, and enjoy every moment



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Excitement is just one of many feelings I can handle, and it helps me look forward to the fun things ahead



Vocabulary

- Excited

A: A feeling of happiness and energy when something fun is about to happen

B: A feeling of sadness when something doesn't go well

- Calm

A: Feeling loud and jumpy

B: Feeling peaceful and relaxed

- Energy

A: Feeling active and ready to move

B: Feeling very tired and sleepy

- Creative

A: Making or thinking of new and fun ideas

B: Doing the same thing every time

- Share

A: To keep your feelings to yourself

B: To tell or show others what you're feeling or thinking



Spellings

A: Balloons

B: Baloons

A: Happines

B: Happiness

A: Presents

B: Precents

A: Energi

B: Energy

A: Holiday

B: Holyday

A: Calandar

B: Calendar

A: Important

B: Importent

A: Remamber

B: Remember



Comprehension

- What made the child feel excited in the story?
A: It was their birthday, and they were looking forward to the party
B: They didn't get to play outside
- What happens to the child's body when they feel excited?
A: Their heart beats faster, and they feel full of energy
B: They feel tired and slow
- What can help the child calm down when they feel too excited?
A: Taking deep breaths or doing something creative
B: Yelling loudly and jumping everywhere
- What should the child do when others are talking?
A: Listen to them and stay calm
B: Talk loudly about their own excitement
- What did the child learn about excitement?
A: It's a wonderful feeling that helps them enjoy special moments
B: It's something they should ignore



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 birthday party, a fun trip, or a special event

- **Make an "Excitement Jar"**

Help the child write down things they are excited about on small pieces of paper and put them in a jar to read when they want to feel happy



Role-Play Activity

- **Scenario 1**

Pretend the child is excited about a birthday party. Practice sharing their excitement with someone and taking deep breaths to stay calm

- **Scenario 2**

Act out a situation where the child feels wiggly before a fun event. Practice doing jumping jacks or drawing while waiting

- **Scenario 3**

Pretend the child is excited about a new toy. Practice listening calmly when someone else is talking