

**When do you feel happy?**

**BASICS**  
by WELLNESS HUB



**I feel happy when I play with my friends or when something exciting happens.**

**When do you feel sad?**

**BASICS**  
by WELLNESS HUB



**I feel sad when I lose a toy or when someone I care about is upset.**

**When do you feel angry?**

**BASICS**  
by WELLNESS HUB



**I feel angry when things don't go the way I want or when someone is unfair.**

**When do you feel excited?**

**BASICS**  
by WELLNESS HUB



**I feel excited when it's my birthday or when I go on a trip.**

**When do you feel scared?**

**BASICS**  
by WELLNESS HUB



**I feel scared when it's dark or when I hear loud thunder.**

**When do you feel proud?**

**BASICS**  
by WELLNESS HUB



**I feel proud when I do well on a test or finish a big project.**

**BASICS**  
by WELLNESS HUB

When do you feel shy? **BASICS**  
by WELLNESS HUB



I feel shy when I meet new people or when I speak in front of a group.

When do you feel tired? **BASICS**  
by WELLNESS HUB



I feel tired after playing outside or staying up late.

When do you feel surprised? **BASICS**  
by WELLNESS HUB



I feel surprised when I get an unexpected gift or someone plans a party.

When do you feel calm? **BASICS**  
by WELLNESS HUB



I feel calm when I listen to music or take deep breaths.

When do you feel lonely? **BASICS**  
by WELLNESS HUB



I feel lonely when I'm by myself for a long time or when my friends are away.

When do you feel nervous? **BASICS**  
by WELLNESS HUB



I feel nervous before a big test or trying something new.

**When do you feel grateful?**

**BASICS**  
by WELLNESS HUB



**I feel grateful when someone helps me or gives me a gift.**

**When do you feel frustrated?**

**BASICS**  
by WELLNESS HUB



**I feel frustrated when I can't solve a problem or when things take too long.**

**When do you feel bored?**

**BASICS**  
by WELLNESS HUB



**I feel bored when I don't have anything fun to do.**

**When do you feel curious?**

**BASICS**  
by WELLNESS HUB



**I feel curious when I see something new or when I want to learn about something.**

**When do you feel loved?**

**BASICS**  
by WELLNESS HUB



**I feel loved when my family hugs me or spends time with me.**

**When do you feel relaxed?**

**BASICS**  
by WELLNESS HUB



**I feel relaxed after a nap or when I'm reading a book.**

**BASICS**  
by WELLNESS HUB

**When do you hear thunder?**

**BASICS**  
by WELLNESS HUB



**I hear thunder during a thunderstorm.**

**When do you smell flowers?**

**BASICS**  
by WELLNESS HUB



**I smell flowers in a garden or in springtime.**

**When do you taste something sweet?**

**BASICS**  
by WELLNESS HUB



**I taste something sweet when I eat candy or desserts.**

**When do you feel warm sunlight?**

**BASICS**  
by WELLNESS HUB



**I feel warm sunlight when I stand outside on a sunny day.**

**When do you hear waves crashing?**

**BASICS**  
by WELLNESS HUB



**I hear waves crashing at the beach.**

**When do you taste something salty?**

**BASICS**  
by WELLNESS HUB



**I taste something salty when I eat chips or pretzels.**

**BASICS**  
by WELLNESS HUB

**When do you hear a dog barking?**

**BASICS**  
by WELLNESS HUB



**I hear a dog barking when it sees someone or wants attention.**

**When do you feel sand under your feet?**

**BASICS**  
by WELLNESS HUB



**I feel sand under my feet when I walk on the beach.**

**When do you smell smoke?**

**BASICS**  
by WELLNESS HUB



**I smell smoke when there's a fire or someone is cooking.**

**When do you feel raindrops?**

**BASICS**  
by WELLNESS HUB



**I feel raindrops when it starts to rain.**