



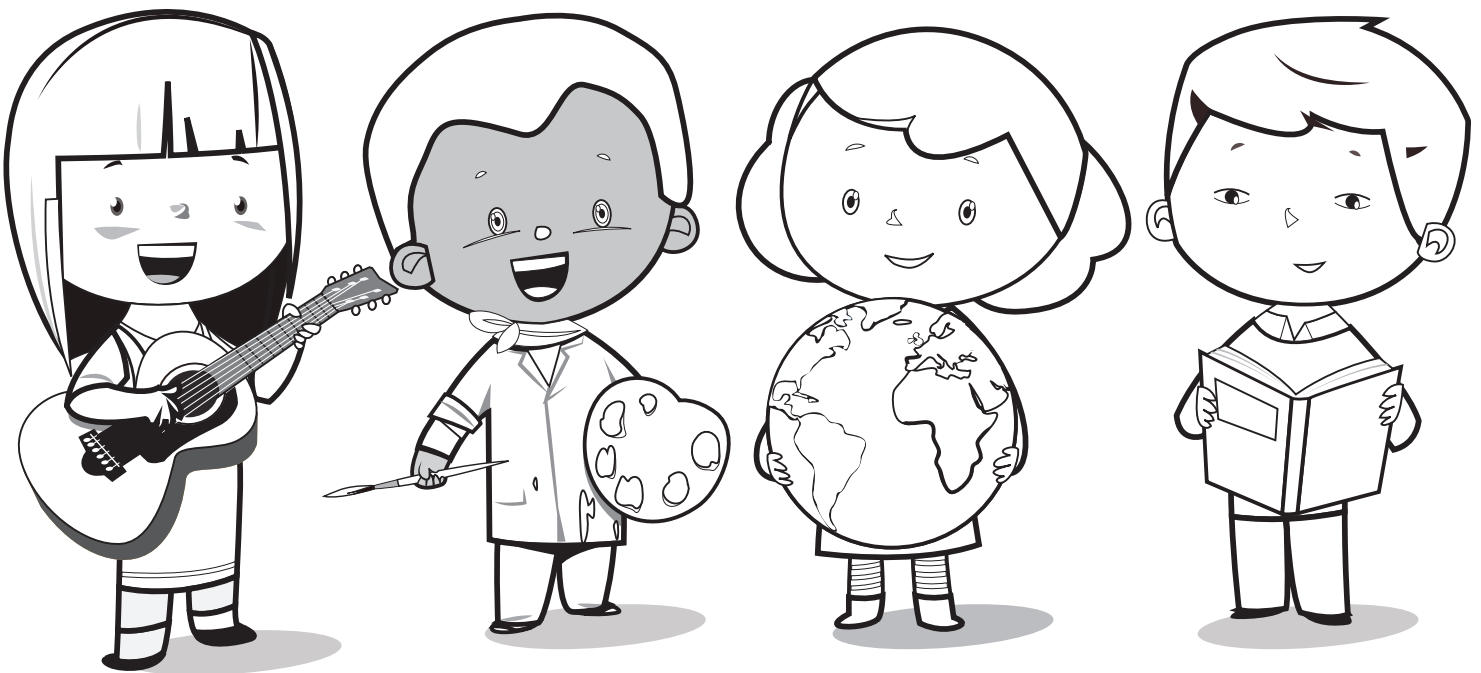
Understanding *Emotions*



Every day we feel a range of emotions, but understanding why we feel the way we do and how to deal with those feelings can be hard. In this activity book you will learn about things like:

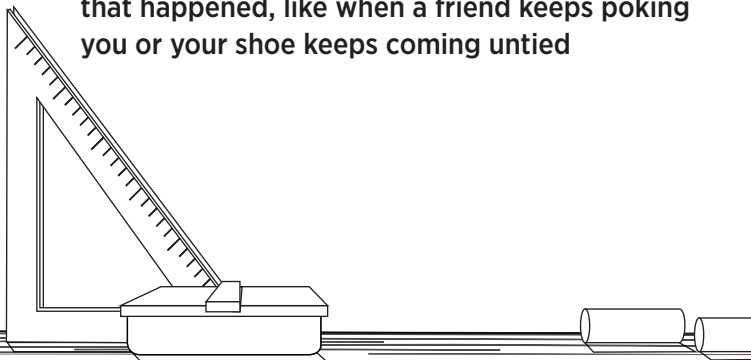
- What your emotions mean
- How to talk about your emotions
- What it means to be a good friend and how that can make you feel
- When to talk to an adult

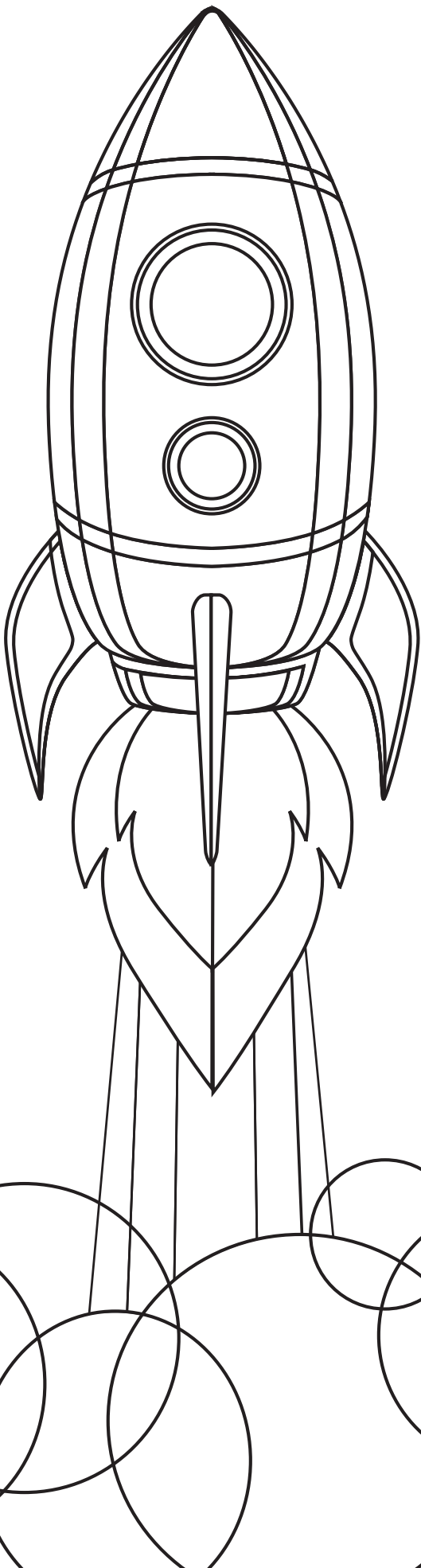
This activity book works best when you can talk about the ideas and your emotions with a grown-up you trust — like your teacher, parent or other caregiver.



We all feel lots of different emotions, sometimes all in one day. It can be tough to decide what to do when you feel something new. Below is a list of 8 emotions that you might feel, but not know how to explain. Check the box for each emotion you've felt.

- Happy:** when you feel good and nothing is bothering you
- Jealous:** when you feel bad because someone else has something you want, like when your friend gets a cool new game
- Embarrassed:** when you feel bad about doing or saying the wrong thing
- Grateful:** when you feel happy for what you have or something someone has done for you, like when you receive a gift or when a friend helps you solve a problem
- Worried:** when you aren't sure about what will happen and it makes you feel scared or nervous
- Confused:** sometimes you might not understand what is happening around you or what is being talked about and it makes you feel uncomfortable
- Proud:** a good feeling you get after doing a good job or after helping someone
- Annoyed:** feeling unhappy or angry about something someone else is doing or something that happened, like when a friend keeps poking you or your shoe keeps coming untied





It can be easy to get really excited or not know what to do with your extra energy. You may feel like jumping around, even if it's NOT the right time to do that.

If you feel like all of that energy is going to make your body blast off into space, remember you can use your breath to calm down and better show others how you feel.

5 Get ready! Sit or stand straight with your hands gently together in front of you.

4 Start counting to 5, breathe in and push your hands together.

3 Blast off! Breathe out and let your hands blast up into space!

2 When your arms are straight, slowly bring them apart and circle them back to your sides.

1 If you're still feeling excited, **start over!**

Word Search

There are lots of words that can describe how we feel.
Find these 10 words and think about what they mean.

Silly

Brave

Joyful

Thankful

Angry

Nervous

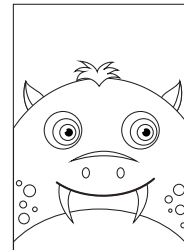
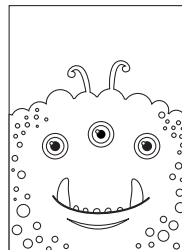
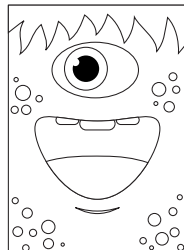
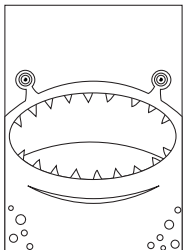
Excited

Calm

Lonely

Guilty

T	R	C	T	M	P	U	M	W	N	X	L	A	Q
R	V	A	N	G	R	Y	E	C	Z	N	O	P	N
Z	W	L	R	Y	U	P	A	N	T	L	N	T	L
O	Z	M	E	W	E	M	G	L	H	X	E	J	M
Q	N	E	R	V	O	U	S	F	A	C	L	B	Z
S	R	F	C	Q	Z	J	I	N	N	V	Y	V	N
G	U	I	L	T	Y	N	L	N	K	G	N	S	B
V	B	Y	U	A	B	X	L	N	F	I	O	N	R
W	R	K	L	P	J	O	Y	F	U	L	W	F	A
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E	X	C	I	T	E	D	T	V	S	R	Q	J	E

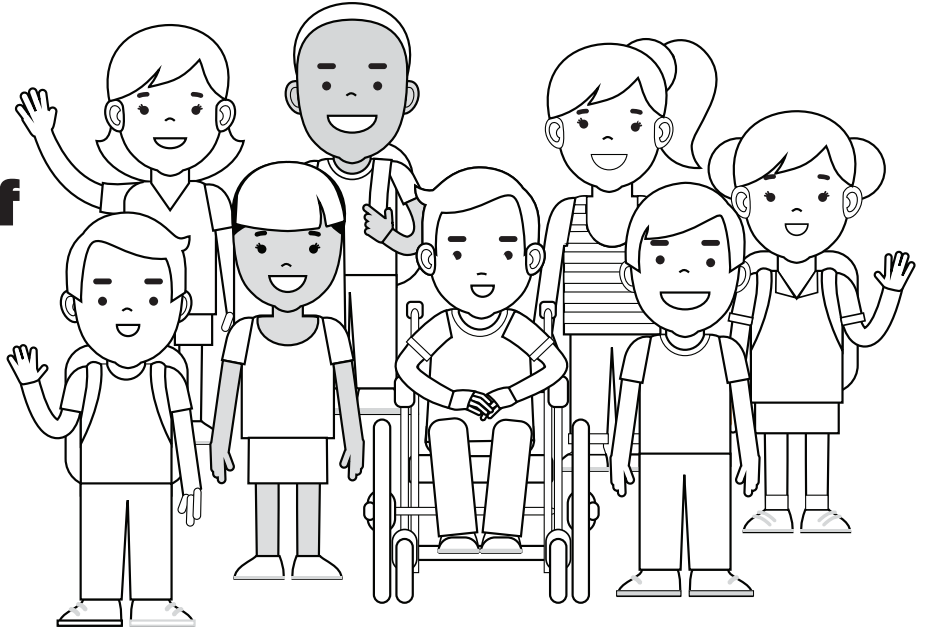


5

Things I Like About Myself

How you see yourself is really important! Focusing on what you're good at can help you feel better about yourself.

Do you sing really well? Are you a good helper at home? List 5 things you like about YOU below.



1.

2.

3.

4.

5.

5 Ways to Calm Down When You're Mad

Everyone gets mad and that's okay! It's important to know how to handle such a big emotion, so you don't accidentally hurt yourself or someone else. Think about the following ways you can calm down when you feel mad and circle 3 that you can try the next time you feel angry.



Close your eyes and count to 10

Walk away from the situation

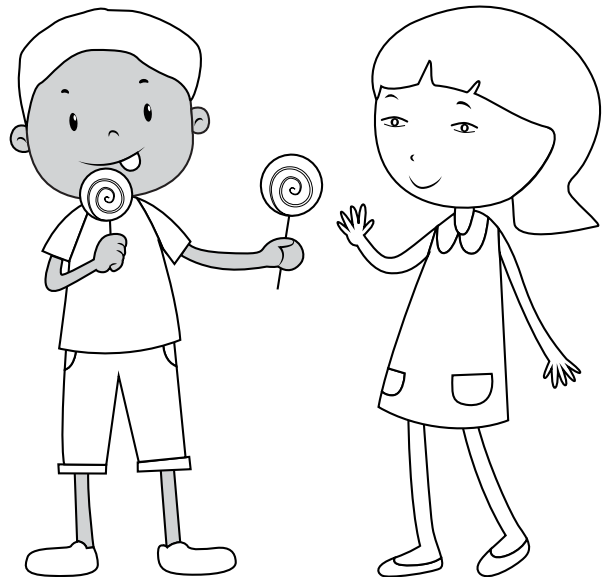
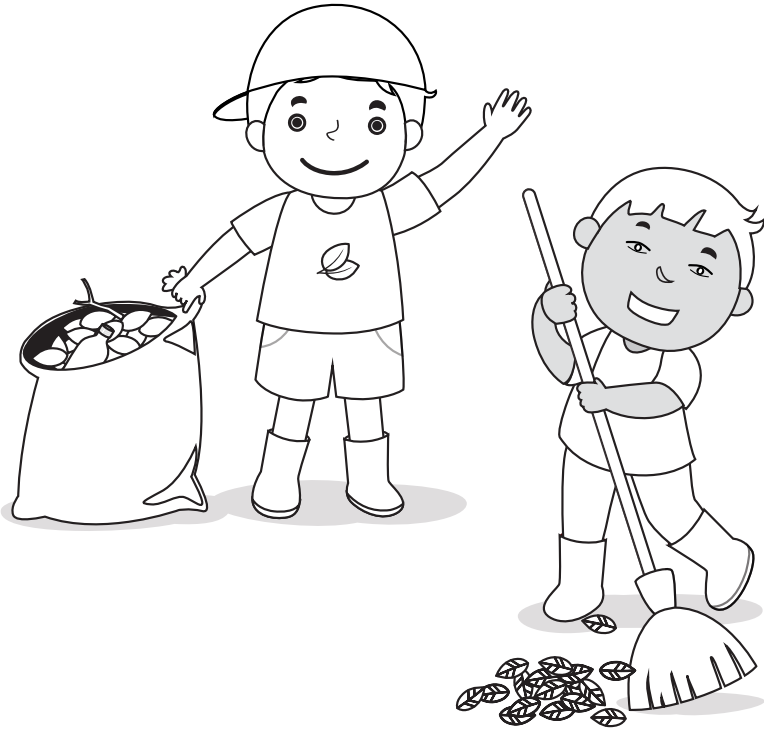
Squeeze your hands into fists, count to 3, then open your hands

Take 5 slow, deep breaths

Ask someone you trust for a hug

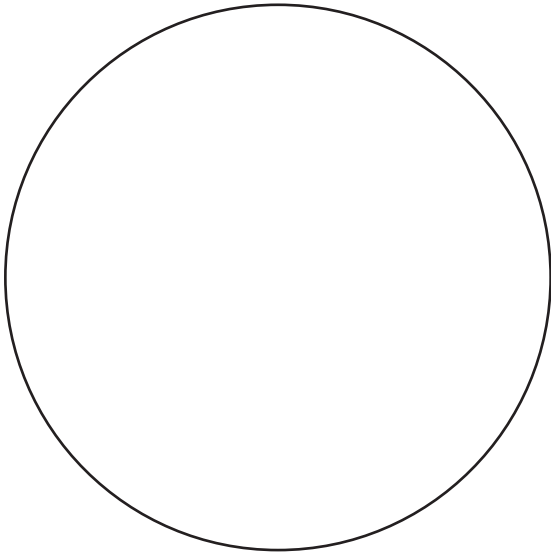
Being a Good Friend

Being a good friend can make you and other people feel happy. Think about how your friends make you feel. Which pictures below show someone being a good friend? What makes them good friends?

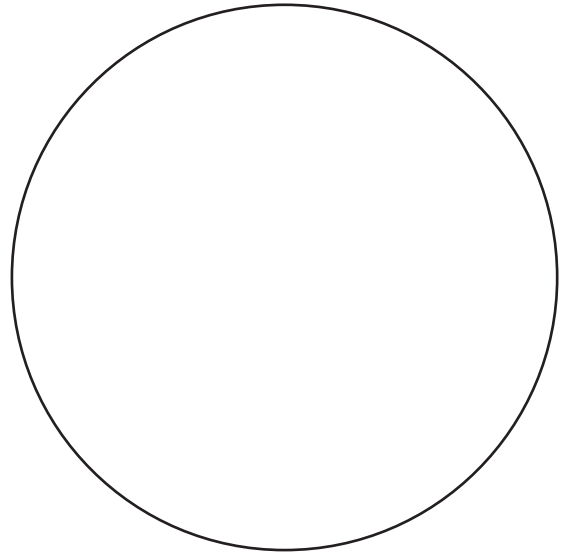


Faces of Feelings

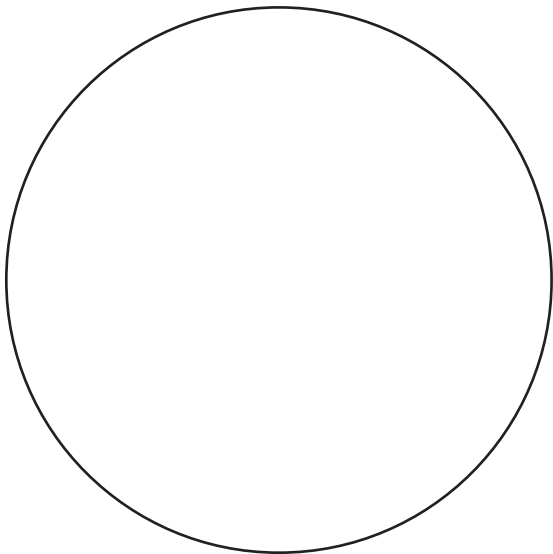
Can you tell how someone feels just by looking at them? Sometimes. In the circles below, draw how you think you look when you feel the listed emotions.



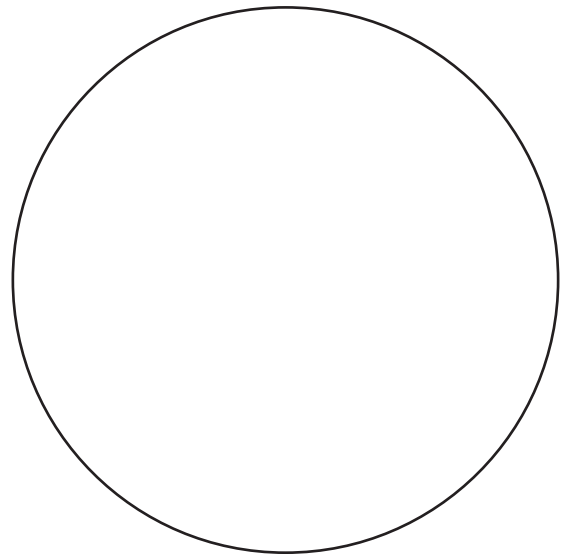
happy



sad



mad



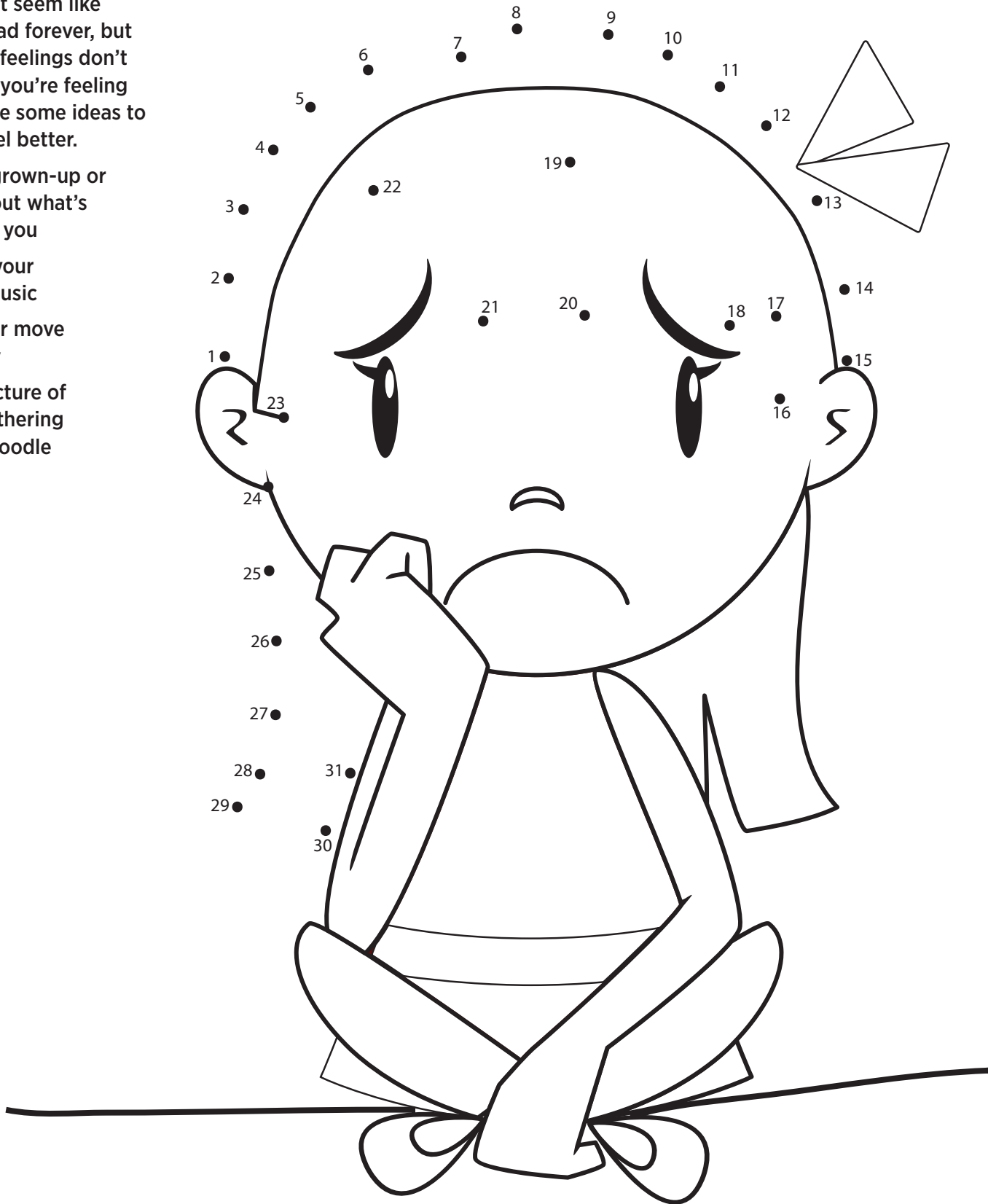
silly

It's what you do with your feelings that counts! Never use a big emotion as an excuse to hurt others or yourself. If you're not sure what to do about how you feel, talk to a friend or an adult about what's bothering you.

Feeling Sad

Sometimes you might feel sad. It might seem like you'll feel sad forever, but usually sad feelings don't last long. If you're feeling sad, here are some ideas to help you feel better.

- Talk to a grown-up or friend about what's bothering you
- Listen to your favorite music
- Exercise or move your body
- Draw a picture of what's bothering you and doodle around it



The Pledge

Now that you've learned about the different emotions you may feel, think about how you can be a good friend and help others.

Write down three nice things you can do for someone else. Talk about these ideas with a teacher, parent or caregiver. Try to do at least one nice thing for someone every day.

1. _____

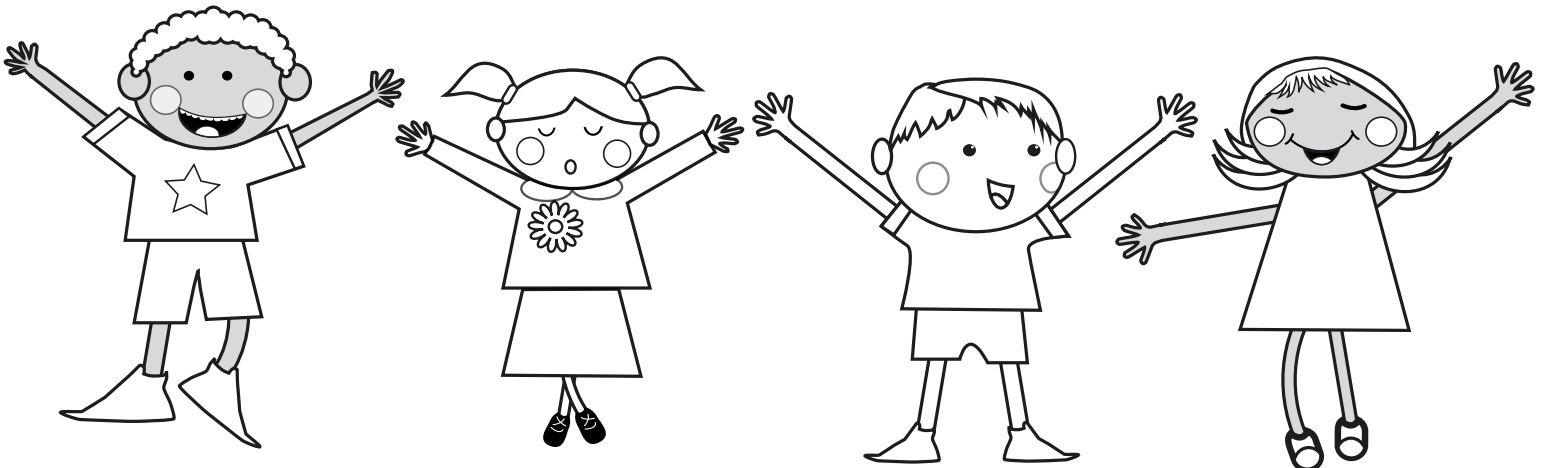
2. _____

3. _____

Sign your name and keep this list at school or at home as a reminder of the ways you can be a good friend.

Signed: _____ (Student)

Witnessed: _____ (Adult)



Resource Guide

for Parents



We know that helping our kids understand and better handle their big emotions can be hard. The following books can help explain feelings like anxiety, stress and depression to your child and offer ways to safely handle those emotions together.

In My Heart: A Book of Feelings, by Jo Witek (preschool and up)

I Love My New Toy!, by Mo Willems (preschool and up)

The Feelings Book, by Todd Parr (preschool and up)

Today I Feel Silly and Other Moods That Make My Day, by Jamie Lee Curtis (grades 1-3)

The Way I Feel (series), by Cornelia Maude Spelman (grades K-3)

Wilma Jean the Worry Machine, by Julia Cook (grades 2-5)

I Can Handle It!, by Laurie Wright (preschool and up)

My Friend Is Sad, by Mo Willems (preschool and up)

Wemberly Worried, by Kevin Henkes (preschool and up)

Owen, by Kevin Henkes (grades K-2)

Chrysanthemum, by Kevin Henkes (grades K-2)

When Sophie's Feelings are Really, Really Hurt, by Molly Bang (preschool and up)

When Sophie Gets Angry - Really, Really Angry, by Molly Bang (preschool and up)

