

Grades 1-3: Expressing Your Feelings



Stop and think of how your body feels.



Decide what to call the feeling.



Happy?

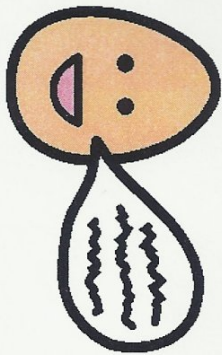


Grumpy?

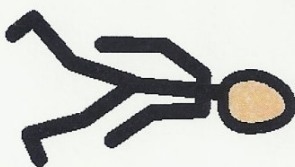


Mad?

CHOICES



Say to the person, "I feel _____."



Walk away for now.



Get involved in an activity.

1-2-3



Act out your best choice.