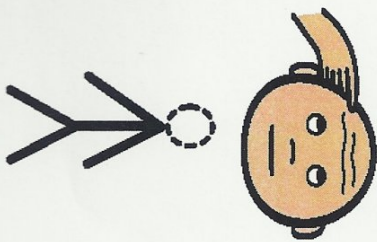


Grades 1-3: Knowing Your Feelings



Think about how
your body feels.



Happy

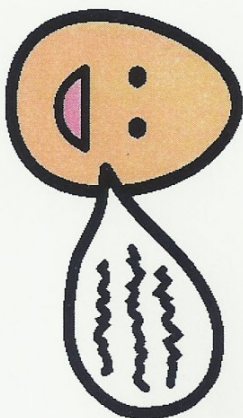


Sad



Confused

Decide what you
could call the feeling.



Say to self,
"I feel _____."