


# Grades 4-5: Expressing Your Feelings


 


Stop and think of how your body feels.



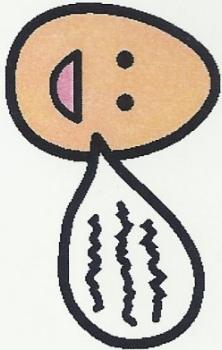
Decide what to call the feeling.

 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.