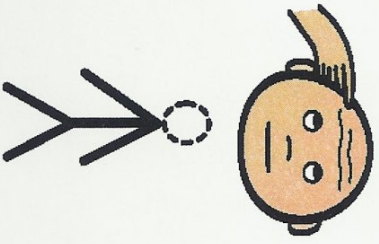


# Grades 4-5: Knowing Your Feelings



Think about how  
your body feels.



Happy

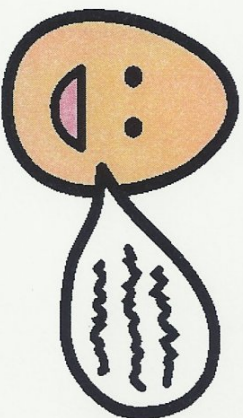


Sad



Confused

Decide what you could  
call the feeling.



Say to self,  
"I feel \_\_\_\_\_."