

FEELit!

HAPPY

HAPPY

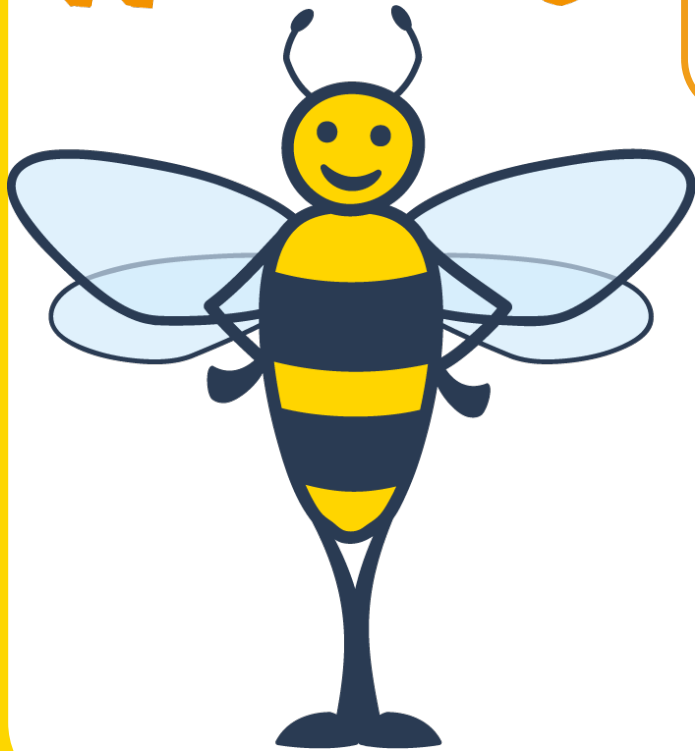
Feeling smiley and positive.



I'm going to share a story about a
time when I was really

HAPPY

HAPPY



“I feel happy when...”

What makes you feel happy?

SHARE



HAPPY

How do you feel in your body when you feel happy?

Does it have lots of energy or not a lot of energy?

Does it feel good when you're happy?



HAPPY



What things do you like
to do when you're
feeling happy?



SHARE

HAPPY

Let's choose some story books together that tell happy stories... or books about happy people.



HAPPY

Feeling smiley and positive.





HAPPY

When I'm yellow I feel great!
Just so happy I can't wait.
With a great big smile and lots of energy.
When I'm yellow I'm happy!



HAPPY

Give the bee a happy face and draw some things that make you happy.



DRAW

HAPPY

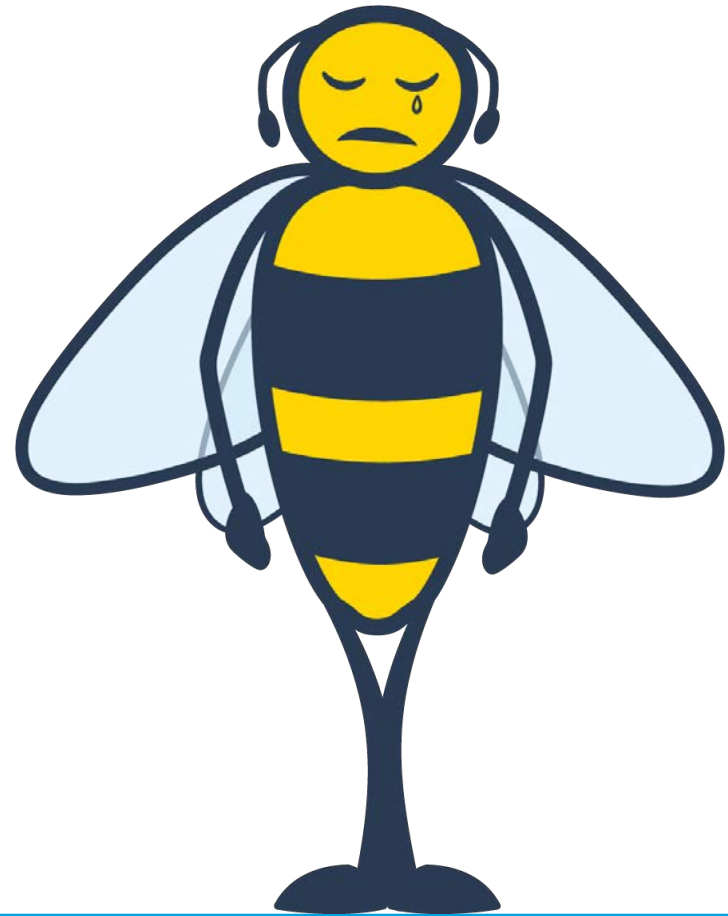


Give the bee a happy face and draw some things that make you happy.

SAD

SAD

Feeling unhappy and
maybe wanting to cry.



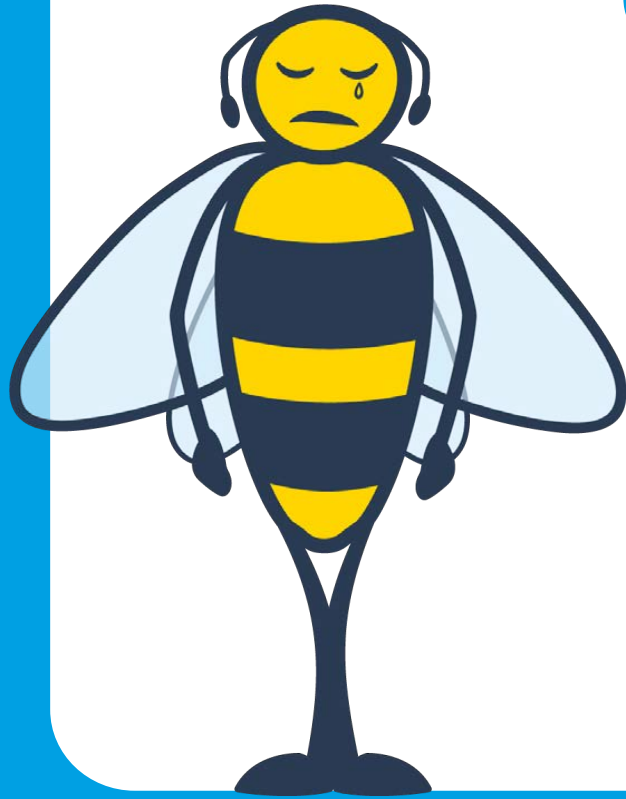
I'm going to share a story
about the last time I felt

SAD

and what I did to help myself
feel better.

SAD

“I feel sad when...”



What makes you feel sad?

SHARE



SAD

How do you feel in your body when you feel sad?

Does it have lots of energy or not a lot of energy?

Does it feel good when you're sad?



SAD

We all feel sad sometimes and that's ok.



But what activities can you do when you're feeling sad to help you to cheer up?



SAD

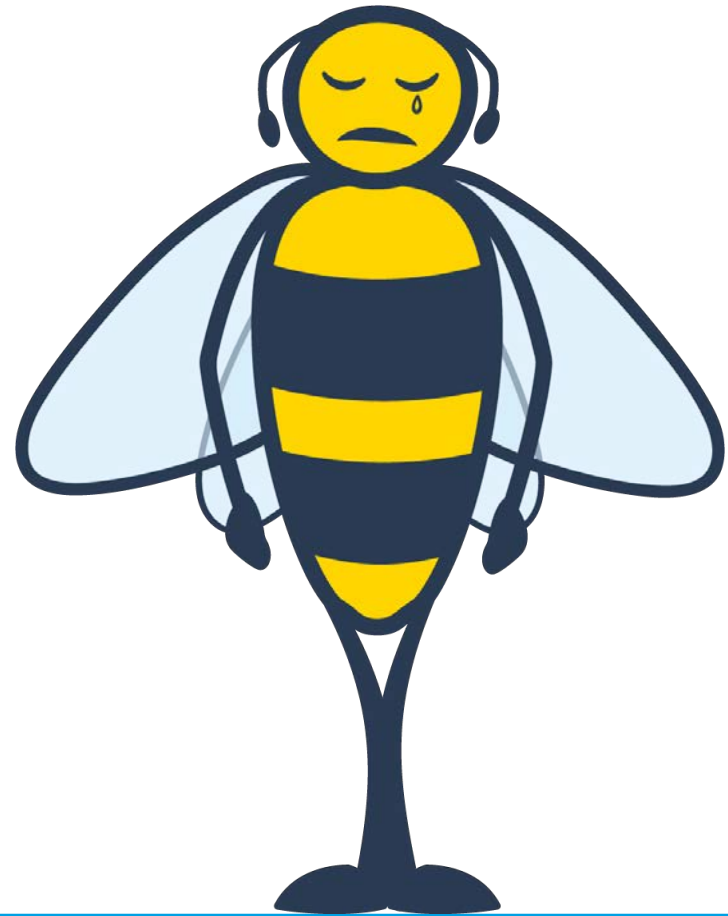
There are lots of books that can help us learn about sadness.

Let's read a book about someone who's feeling a bit sad...



SAD

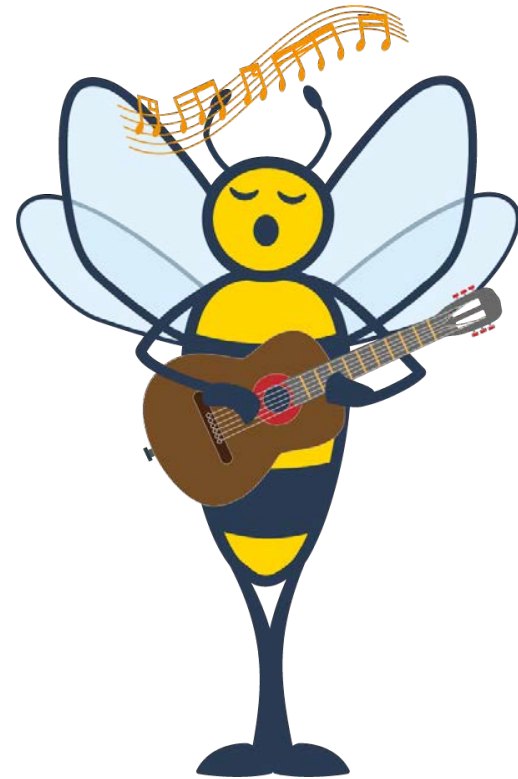
Feeling unhappy and
maybe wanting to cry.





SAD

When I'm blue, I feel sad.
That's ok no feeling's bad.
I feel down with a little energy
That's because I'm sad you see.



SAD

Look at the bee, how can
you tell it's sad?

Can you give the bee a
sad face?



DRAW

SAD



Can you give the bee a sad face? Can tell that this bee is sad even without seeing its face?

Calm

Calm

Feeling peaceful and
without worries.



I'm going to tell you about the things I
do to help myself feel

Calm

Calm



“I feel calm when...”

What makes you feel calm?

SHARE



Calm

How do you feel in your body when you feel calm?

Does it have lots of energy or not a lot of energy?

Does it feel good when you're calm?



Calm

It's good to feel calm.

Can you think of some things you can do to help you feel calm?

SHARE

Calm

Let's try to find some books that make us feel calm.



Calm

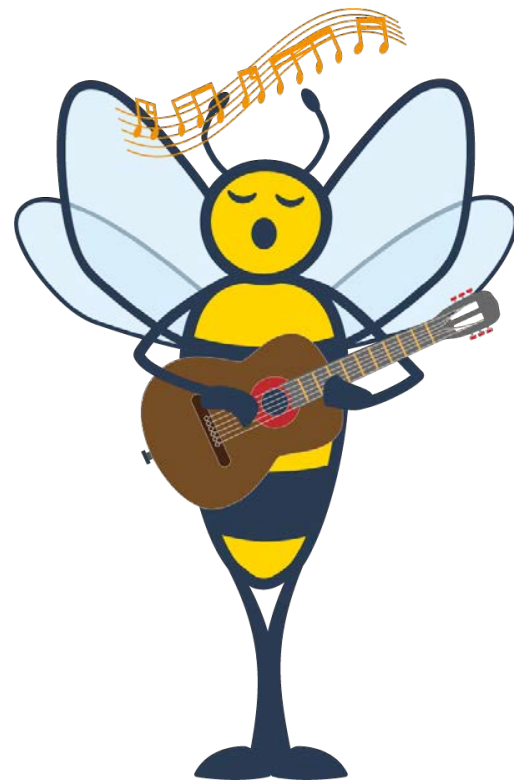
Feeling peaceful and
without worries.





Calm

When I'm green, I will smile.
I can breathe and chill awhile.
I'll feel good with a little energy
When I'm green I'm calm you see.



Calm

Look at the bee, how can you tell it's calm.

Can you draw a calm face on the bee?



DRAW

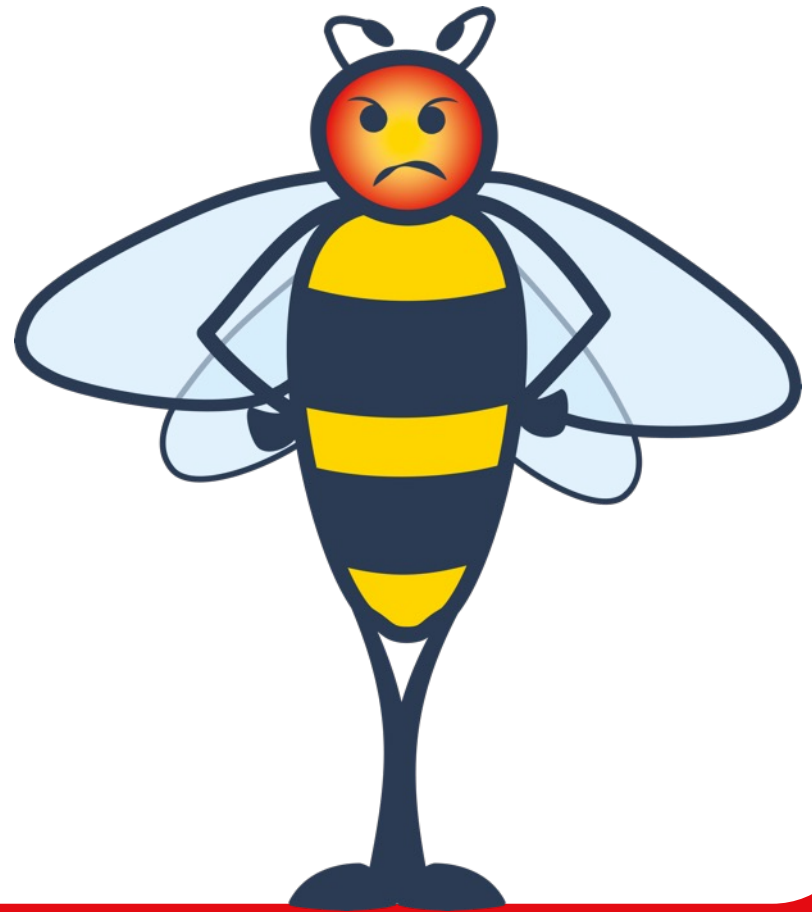
Calm



ANGRY

ANGRY

Strong reaction you have when you believe something isn't right or fair.

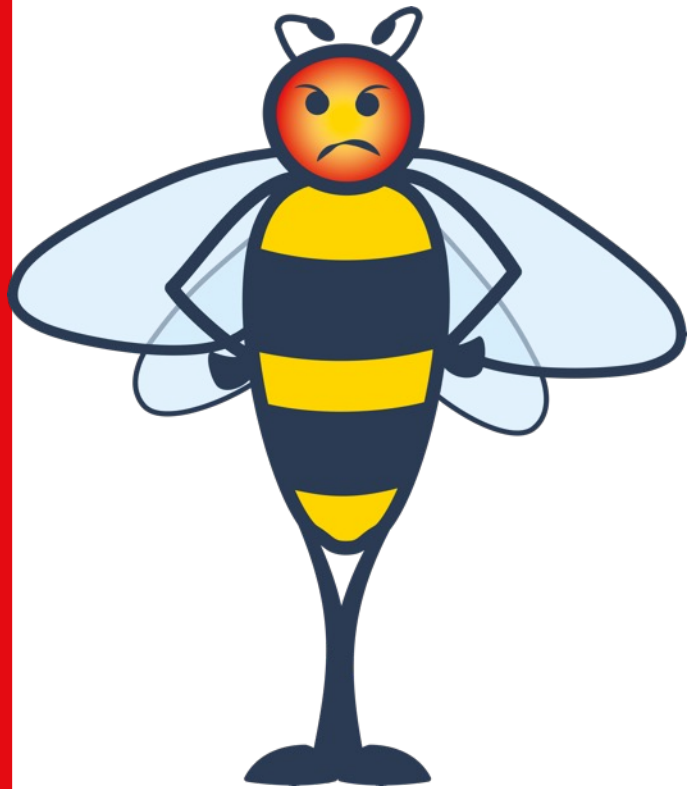


I'm going to tell you about something
that happened that made me feel

ANGRY

and what helped me to calm down.

ANGRY



“I feel angry when...”

What makes you angry?

SHARE



ANGRY

How do you feel in your body when you feel angry?

Does it have lots of energy or not a lot of energy?

Does it feel good when you're angry?

ANGRY



We all feel angry sometimes, but we must remember not hurt things, not to hurt others and not to hurt ourselves.



When you feel angry what can you do to help yourself calm down?



1 2 3

DISCUSS

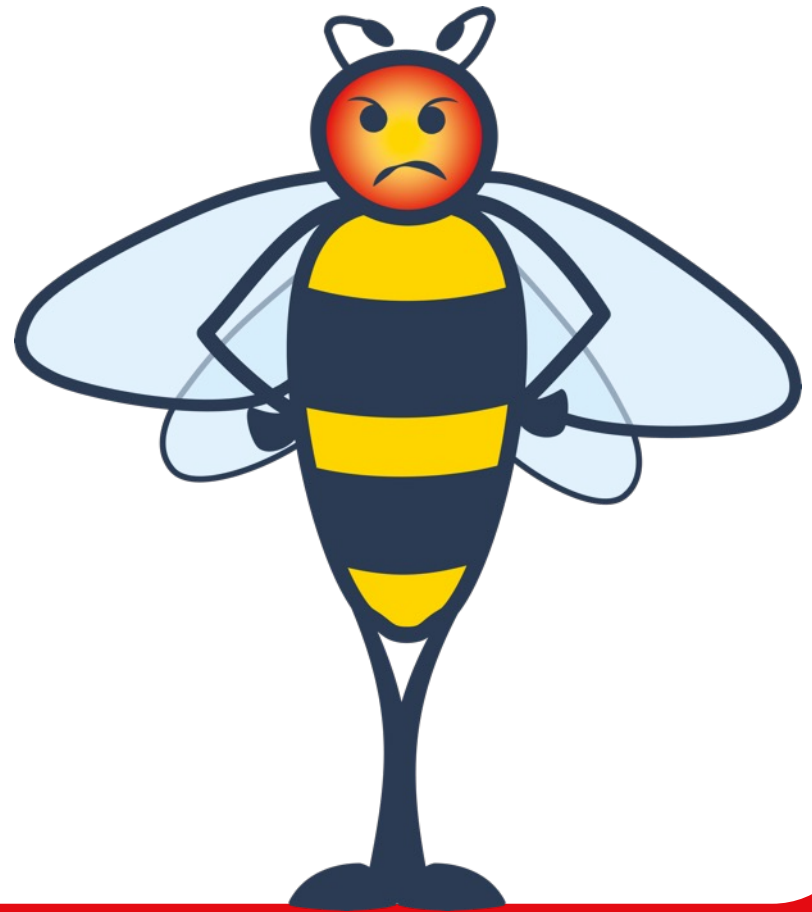
ANGRY

Let's look at a book about somebody who gets angry and then calms down.



ANGRY

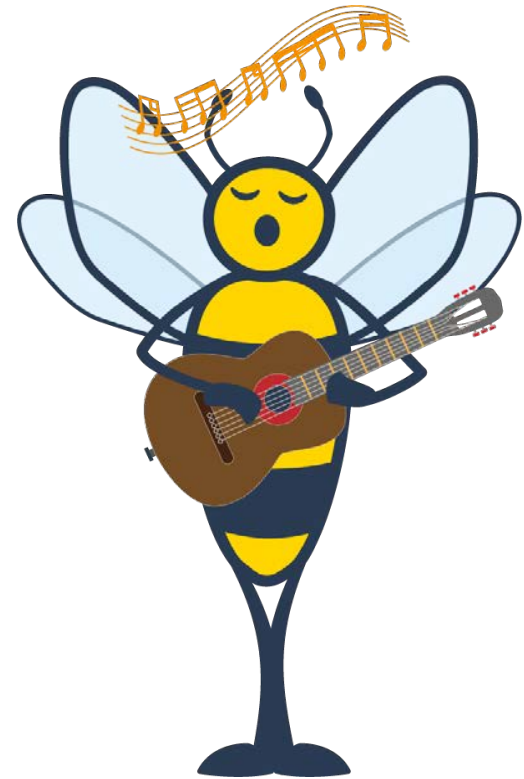
Strong reaction you have when you believe something isn't right or fair.





ANGRY

When I'm red, I might shout.
Stamp my feet and stomp about.
I need to calm my energy.
When I'm red I'm so angry.



ANGRY

How do you feel when you get angry? Can you draw an angry face on the bee?



ANGRY

