

FEELit!

EXCITED

EXCITED

Feeling a high level of happiness and energy about something that's happening or about to happen.



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

EXCITED

EXCITED

“I am really excited when...”



What makes you excited?

SHARE



EXCITED

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

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

Does it feel good when you're excited?

EXCITED



At times when we are excited,
it is not helpful to other
people... is being over-excited
good in the classroom?

What can you do to calm
down if you get over
excited?



PAUSE

As you begin to feel yourself
becoming over excited PAUSE.
Take a moment, to think
about the fact you're
becoming over-excited, and
that being over-excited can
sometimes lead to losing
focus and not paying
attention.

EXCITED

Can you think of a story with a character who is excited? Let's read together...



EXCITED

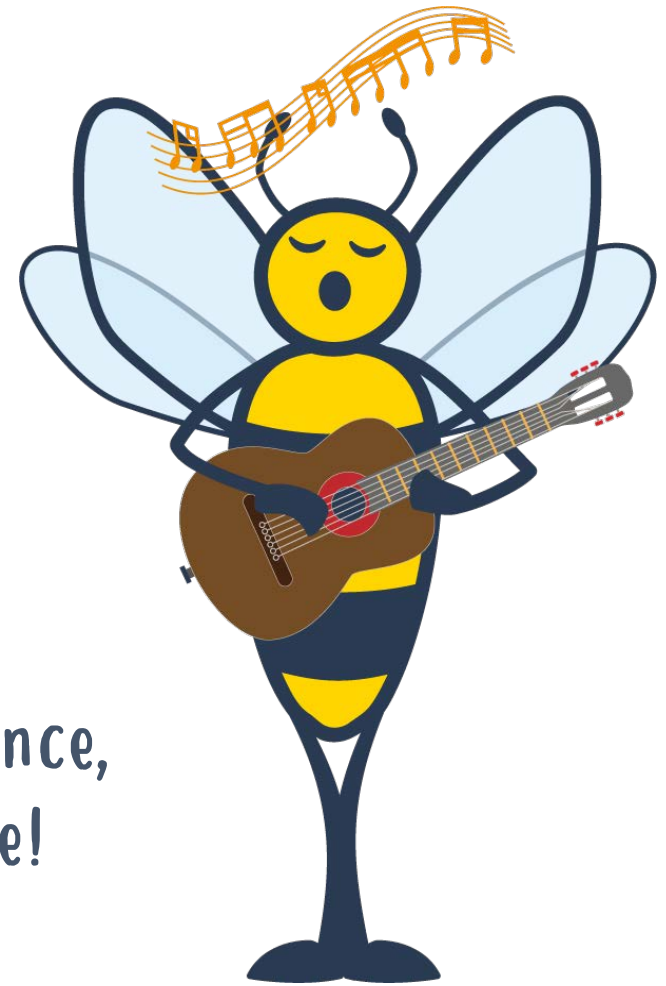
Feeling a high level of happiness and energy about something that's happening or about to happen.





EXCITED

When I'm excited, I feel great!
Just so happy I can't wait.
With big energy and a bouncy prance,
When I'm excited, I love to dance!





EXCITED

Can you pretend to be excited?

How would you move your arms, legs and body?

What sort of faces would you pull?

tired

tired

Being sleepy with little energy.



I'm going to share a story
about a time when I felt very

tired

tired



“I felt very tired when...”

Can you think of a time when you were very tired?



SHARE



tired

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

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

Does it feel good when you're tired?



tired



What can you do when you
feel tired to help yourself
feel stronger?



SHARE

tired

What books do we have
that are about someone
who is tired?
Let's read together...



tired

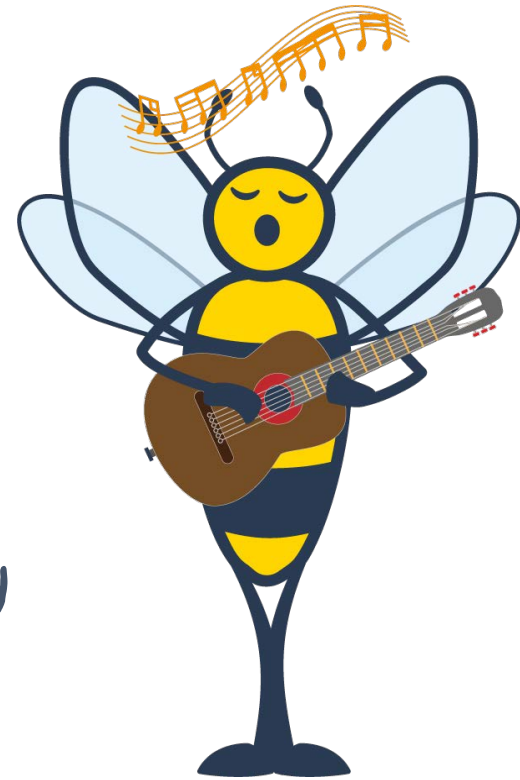
Being sleepy with little energy.





tired

When I'm tired, I feel blue.
I feel there's too much to do.
I can feel heavy with little energy
That's because I'm tired you see.





tired

Can you pretend to be tired?

How would you move your arms, legs and body?

What sort of faces would you pull?



KIND

KIND

Feeling that you want to
do things to help others
or make them happy.



I'm going to tell you about a time when
someone was really

KIND to me.

KIND



“I was kind when...”

When have you been
really kind to someone?

SHARE



KIND

What does being kind feel like in your body?

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

Does it feel good to be kind?



KIND



How can you be kind to your family and friends?



KIND

Can you think of a book
about kindness?
Let's read together...



KIND

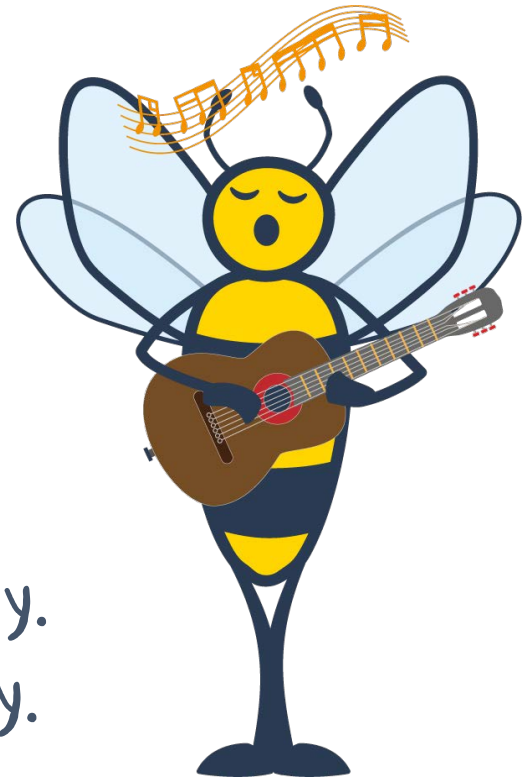
Feeling that you want to
do things to help others
or make them happy.





KIND

When I'm kind, I will smile.
Relaxed and friendly all the while.
Reaching out to my friends and family.
I'm feeling gentle with a little energy.





KIND

Can you pretend to be kind?

How would you move your arms,
legs and body?

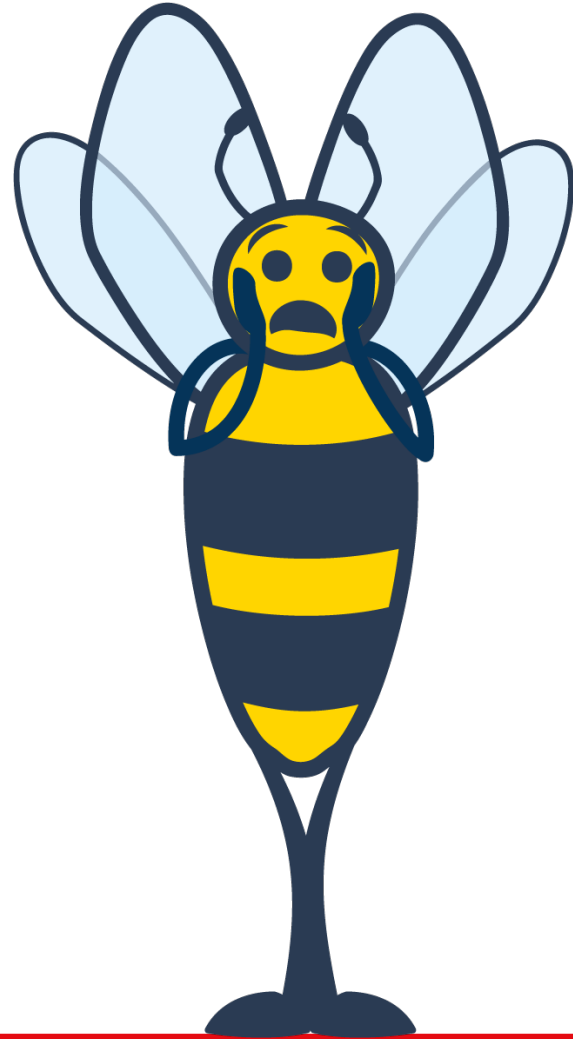
What sort of faces would you
pull?



SCARED

SCARED

The feeling that comes from believing you won't be able to do something or you are not safe.

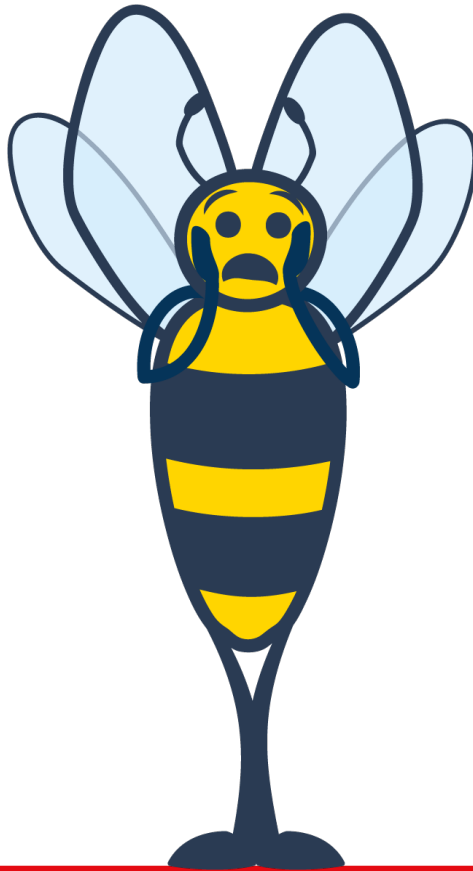


I'm going to tell you about a time
that I felt very

SCARED

and what I did to recover.

SCARED



“I feel scared when...”

What makes you scared?

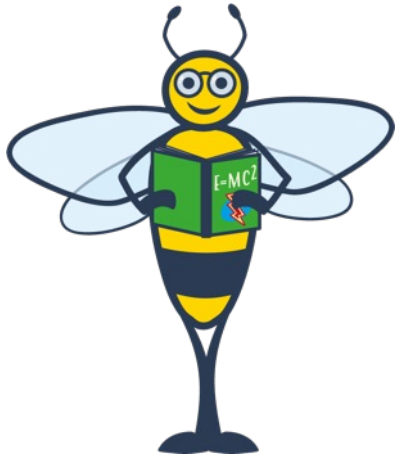


SCARED

What does being scared feel like in your body?

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

Does it feel good to be scared?



SCARED

1 2 3

What can you do to stop feeling scared?



SHARE

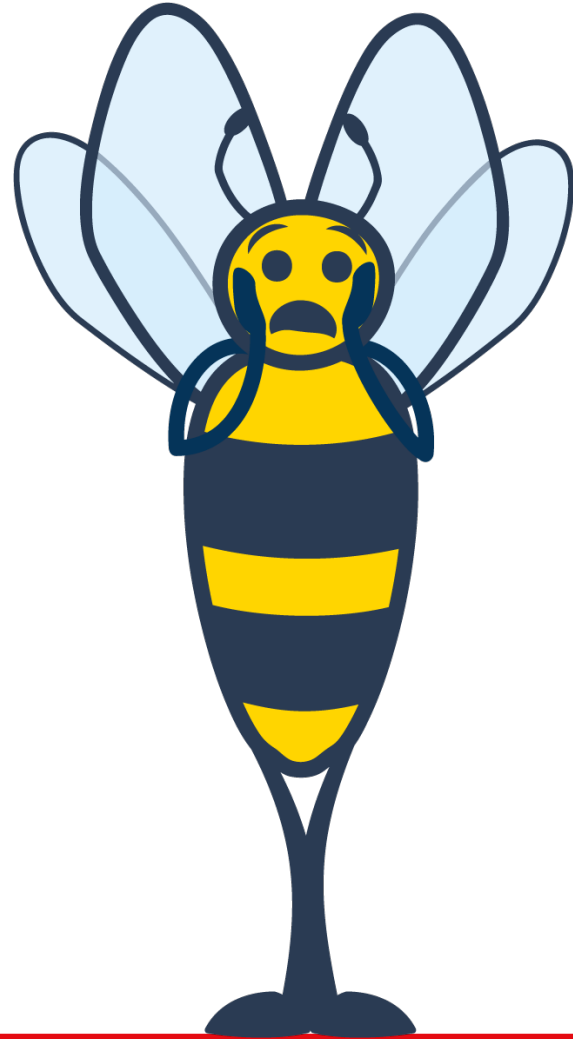
SCARED

Let's look at a book about somebody who is scared and how they fight their fear.



SCARED

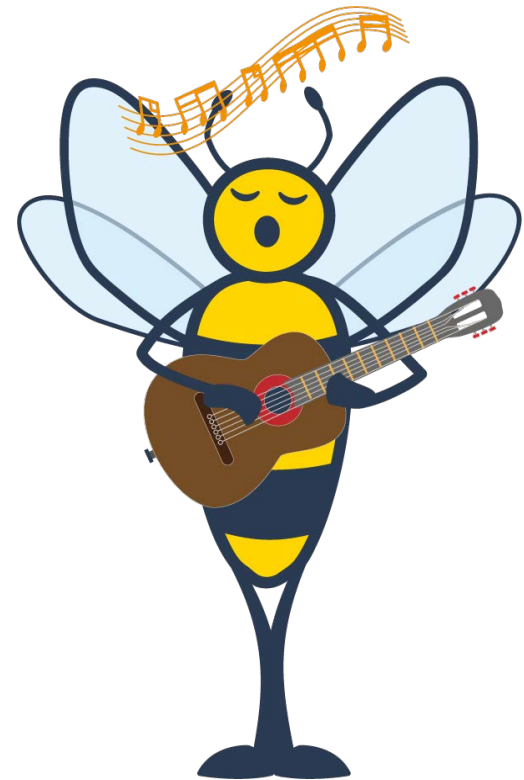
The feeling that comes from believing you won't be able to do something or you are not safe.





SCARED

When I'm scared, I'm full of fear.
I want to run and disappear.
I might scream and I might shake
When I'm scared, I begin to quake.





SCARED

Can you pretend to be scared?

How would you move your arms, legs and body?

What sort of faces would you pull?

