

Learning MY EMOTIONS

1

I'M
FEELING
GREAT



Describe What's Up

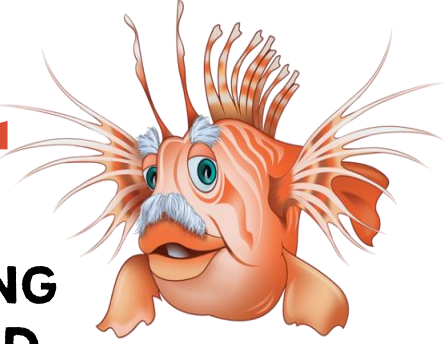
- I feel happy.
- I'm respectful to the teacher and class.
- I'm smiling.

What Can I Do?

- Enjoy myself.
- Have fun. Share the fun with others.
- Smile at others.

2

I'M
FEELING
GOOD



Describe What's Up

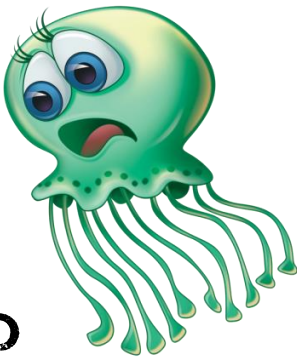
- I feel calm.
- I'm not excited, but I'm not upset.
- I'm doing ok.

What Can I Do?

- I can control myself.
- I can keep working and do a good job.
- I can be quiet.

3

I'M
FEELING
IRRITATED



Describe What's Up

- I feel unhappy.
- I'm antsy.
- I'm struggling to concentrate.

What Can I Do?

- Color a picture.
- Tell the teacher.
- Take a walk to the bathroom.

4

I'M
FEELING
ANGRY



Describe What's Up

- I can't think.
- I feel very warm.
- I feel I'm going to say bad things.

What Can I Do?

- Ask to take a break.
- Think of things that make me feel calm.
- Talk to the teacher.

5

I'M FEELING
OUT OF
CONTROL



Describe What's Up

- I feel like I want to hit someone.
- I'm scared.
- I want to yell out.

What Can I Do?

- Tell your teacher immediately!
- Breathe deep.
- Get help to go to your safe place.