Sample Feelings Book

Use as a sample, cut out, put together then make your own on second page.



I have lots of feelings.	l feel relaxed when you read me a story.
I feel happy when you clap for me!	I feel excited when I get to play outside with my friends.
Sometimes I feel sad when I say good-bye to my family in the morning.	I feel upset when my blocks fall over.
Sometimes I feel grumpy when I get hungry.	I feel sad when I lose my ball.

Module 2 Handout 2.12: Strategies to Support Emotional Literacy