

Unit 1: All About Feelings**Talk to Mama**

Whenever I'm angry, I count out loud,
Count to a hundred and let my anger out,
And I remember Mama saying aloud,
'Tell me, dear, what you're angry about.'

Whenever I'm hurt, I just want to cry,
To moan, to whimper, to sob and sigh,
Then I remember Mama asking me to try,
To pour out my feelings and tell her why.

Whenever I'm lonely, I've no friends to meet,
Tasty food I'll munch and eat,
Then I remember Mama saying to me,
'Be nice to others and friends you'll meet.'

Whenever my feelings get too strong,
To shout, to moan, to complain is wrong,
I know dear Mama was right all along,
Talk to Mama and my problems will be gone.

1. What can you do when you are angry?

When I am angry, I _____.

2. What can you do when you are hurt?

_____.

3. What can you do when you are lonely?

_____.