

**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?**

\_\_\_\_\_.