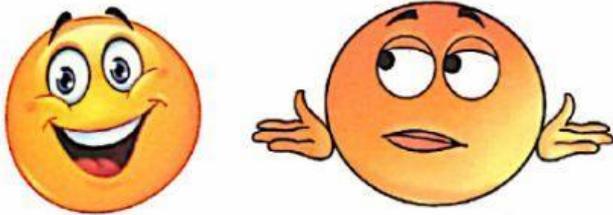


# Know Your Feelings

 3. Feelings

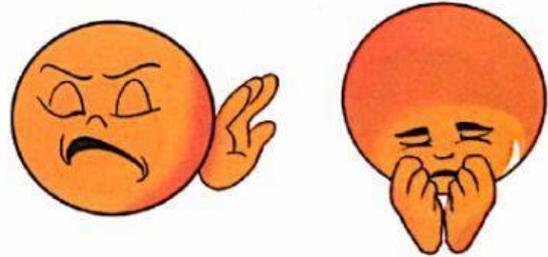
We feel feelings,  
All day long.  
Some feel right, and  
Some feel wrong.

Being happy, laughing,  
Smiling is good.  
But some feelings  
I'd run from, if I could.

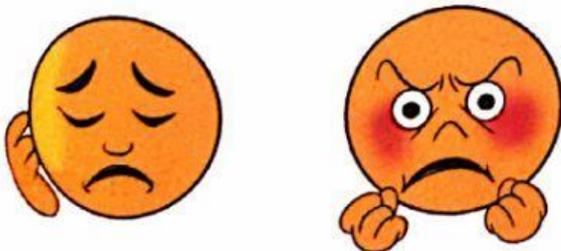


I hate feeling angry,  
I hate feeling sad.  
Some people scare me –  
When they go, I feel glad.

Sometimes I am confused,  
and I feel I don't know what.  
I hate being nervous and guilty,  
Or being caught in a tight spot.



I wish I never had to feel  
**Embarrassed** or afraid.  
I wish I only felt good things,  
And those feelings always stayed.



Feelings are my friends.  
I listen to my feelings.



We feel many different feelings from doing different activities, to meeting different people. These feelings are called Emotions. Some emotions are listed below:

**Can You Match These Emotions To Their Drawings?**



Angry



Scared

Sad



Yummy

Confused



Tired

Dislike



Sorry

Naughty



Unsure

Happy



Guilty

Silly



Shameful

Secretive



Nervous

Pay attention to how different things you do and different people you meet, make you feel. Listen to your feelings.

