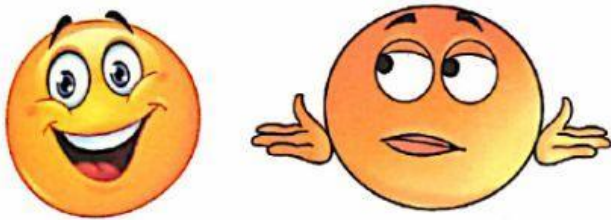


Know Your Feelings

3. Feelings

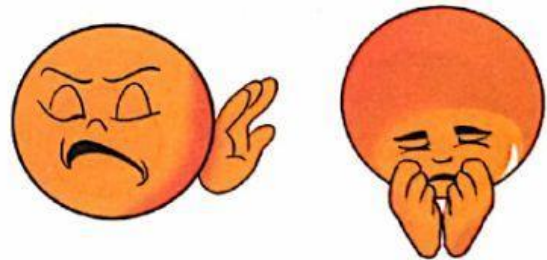
We feel feelings,
All day long.
Some feel right, and
Some feel wrong.

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?



Scared

Yummy

Tired

Sorry

Unsure

Guilty

Shameful

Nervous

Angry



Sad



Confused



Dislike



Naughty



Happy



Silly



Secretive



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

