

# Expressing Feelings

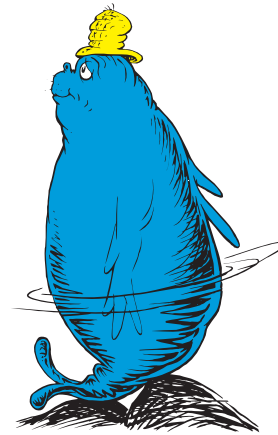
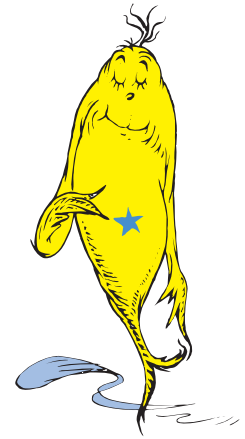
Everyone expresses feelings in different ways.

When some people get angry, they yell—  
but yelling can make other people feel sad.

There are things you can do when you're  
angry that don't make someone else feel bad.

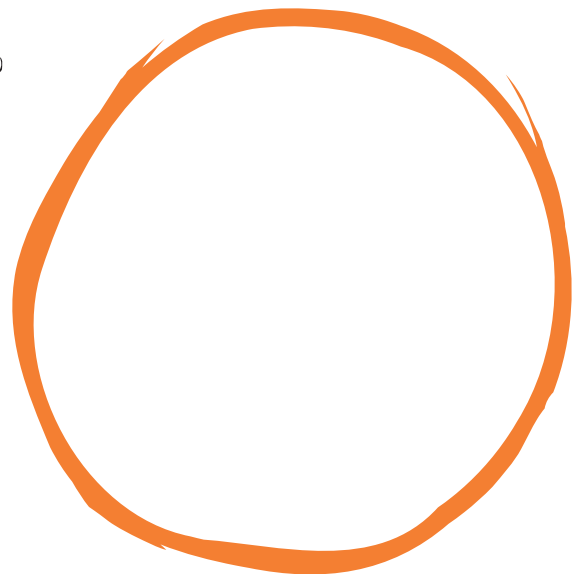
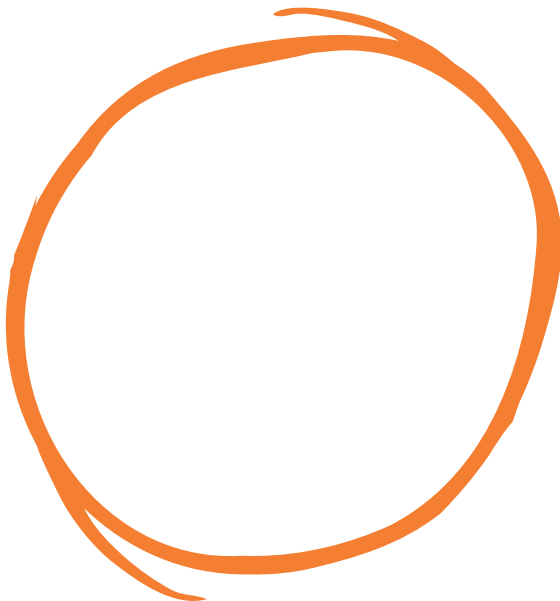
You can squeeze a pillow or  
do jumping jacks instead.

It is good to talk  
about how you feel.




How do you look when  
you're surprised? Draw it.

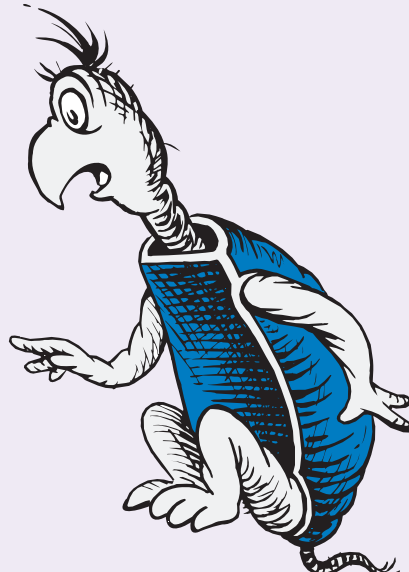
How do you look when  
you're tired? Draw it.




Put an X in the box next to the feeling that matches the picture.



surprised     angry  
 excited     sad



surprised     angry  
 excited     sad



surprised     angry  
 excited     sad



surprised     angry  
 excited     sad

How many of these good deeds have you done? Draw a star on each one that you've done this week.

help a family member	recycle 	volunteer	 make your bed	cheer someone up
help an animal 	bake someone a treat	help a teacher	clean your room	 help a teammate
give someone a hug	 help make dinner	hold the door for someone	donate your old toys 	make someone smile
do the dishes 	raise money for charity	clear the table	give a compliment	take care of someone smaller than you
be nice to someone who is lonely	say thank you	 plant a flower	talk to an old friend	pick up trash on the ground 

How many stars did you get? \_\_\_\_\_

How can you earn a star today?

\_\_\_\_\_

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