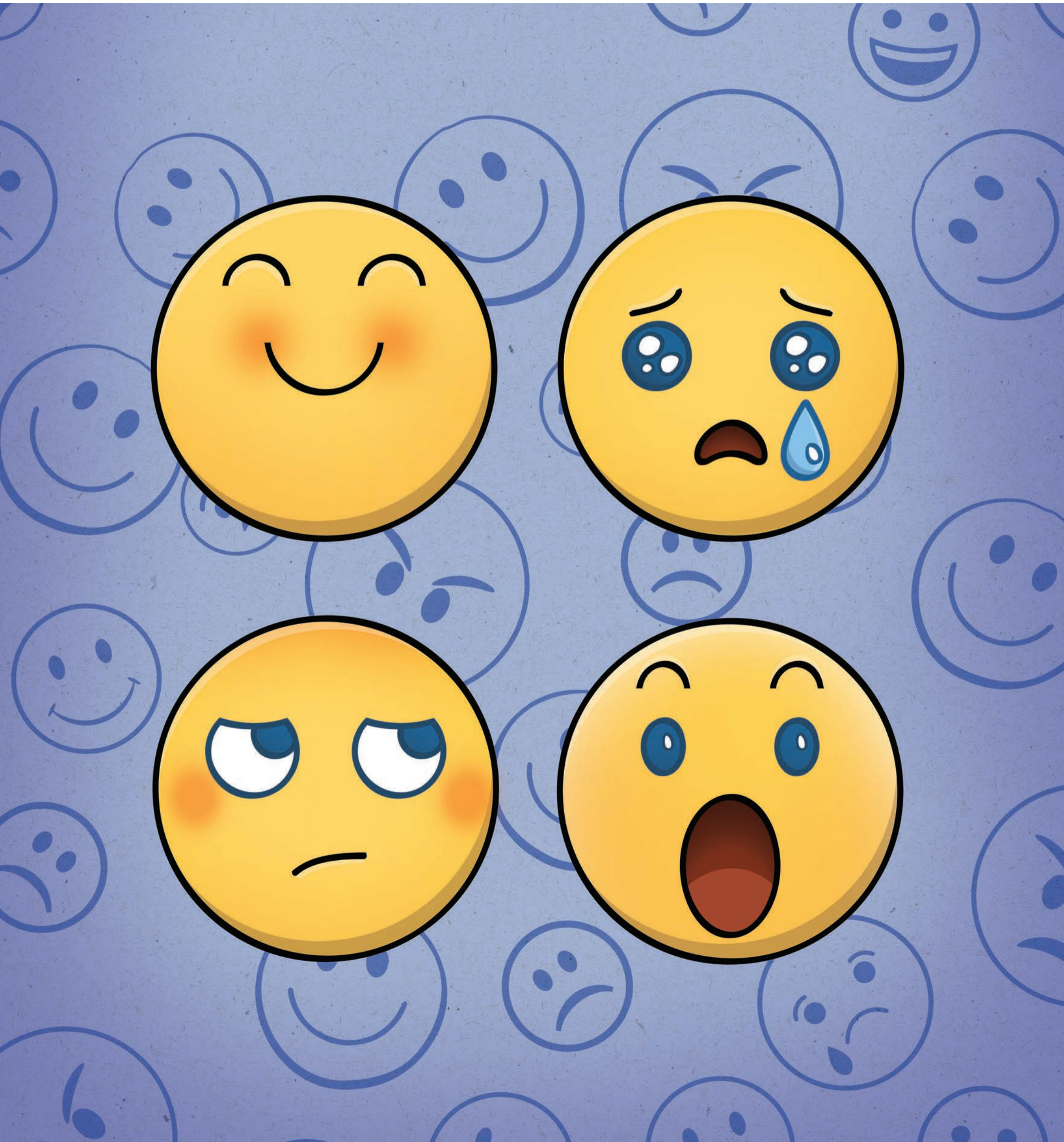


Grade

Big Book 1

3

Feelings





Feelings tell us what is
going on inside us.



Some feelings make us
feel good. We call them
positive feelings.



Happy, proud, excited
and surprised are feelings
that make us feel good.



Some feelings make us
feel bad. We call them
negative feelings.



Sad, lonely, angry and scared are feelings that make us feel bad.



If you feel bad, tell
someone about it. Telling
someone can make you
feel better.

Words to remember

feelings

happy

proud

excited

surprised

sad

lonely

angry

scared