

My Feelings



Book



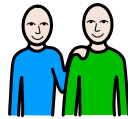
When I feel yellow I feel happy



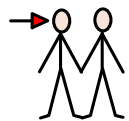
inside. I will tell my grown ups. I



will smile at my grown ups and my



family. and friends. My grown ups



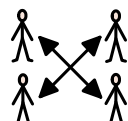
will listen to me. They will help



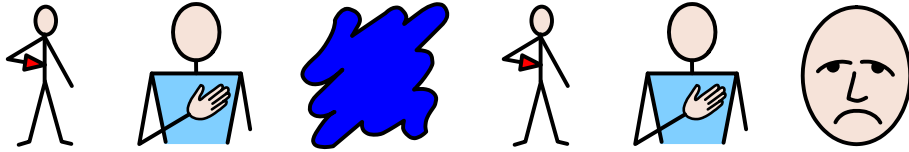
me to stay happy. I will use kind



hands and kind feet. I must not



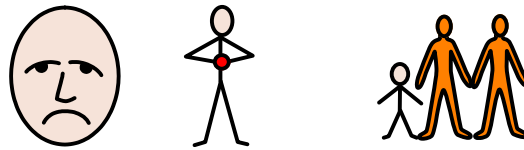
hurt anyone.



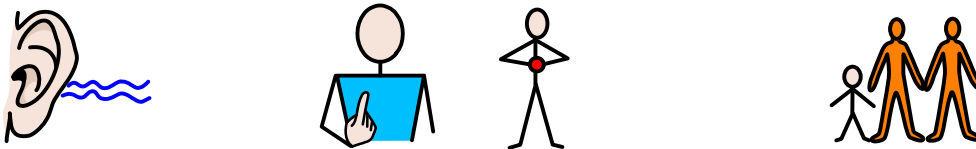
When I feel blue I feel sad



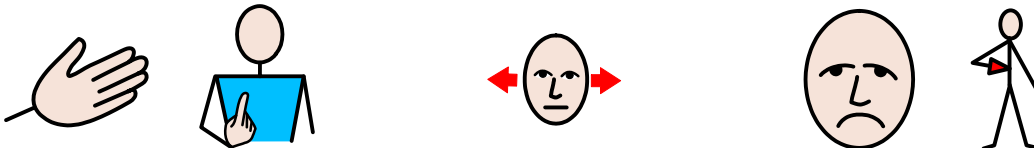
inside. I will tell my grown ups



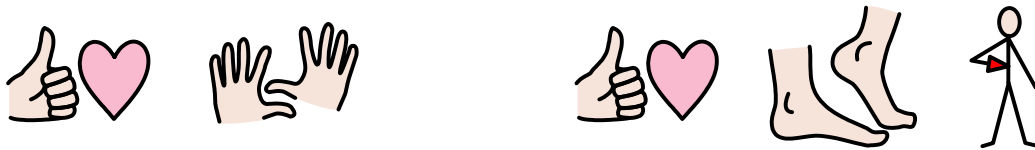
that I feel sad. My grown ups will



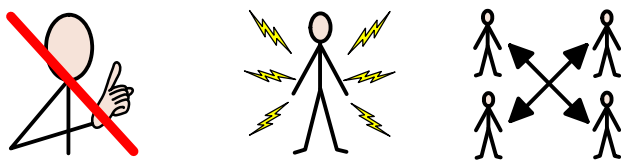
listen to me. My my grown ups will



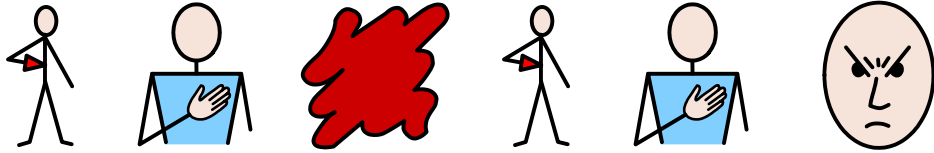
help me to not be sad. I will



use kind hands and kind feet. I



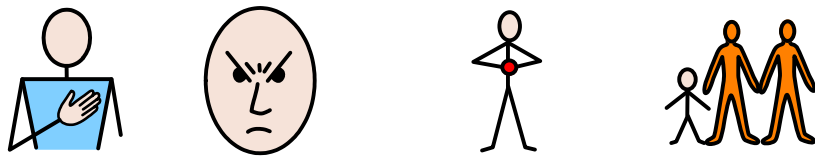
must not hurt anyone.



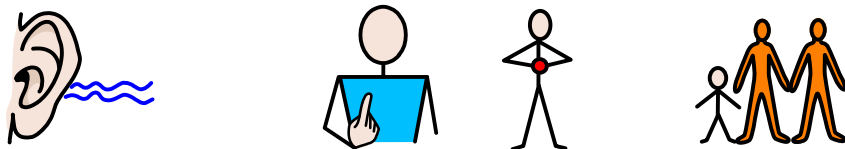
When I feel red I feel angry



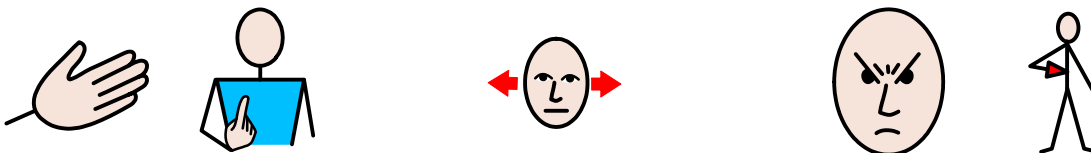
inside. I will tell my grown ups



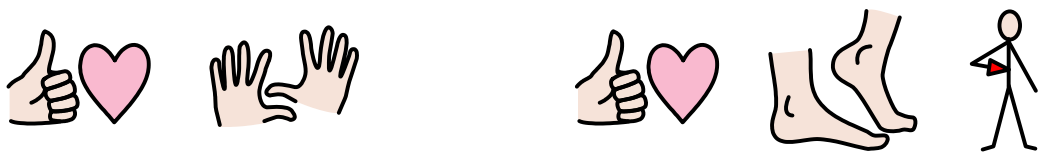
that I feel angry. My grown ups



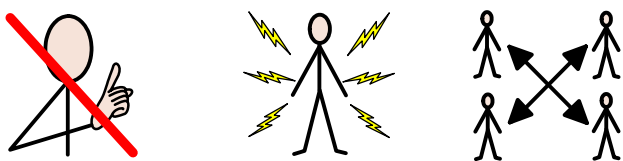
will listen to me. My grown ups will



help me to not be angry. I will



use kind hands and kind feet. I



must not hurt anyone.



When I feel orange I feel



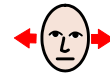
embarrassed inside. I will tell my



grown ups that I feel embarrassed.



My grown ups will listen to me. My



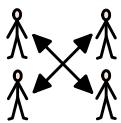
grown ups will help me to not be



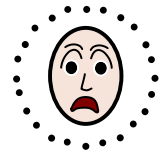
embarrassed. I will use kind hands



and kind feet. I must not hurt



anyone.



When I feel black I feel scared



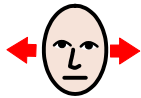
inside. I will tell my grown ups



that I feel scared. My grown ups will



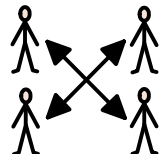
listen to me. My grown ups will help



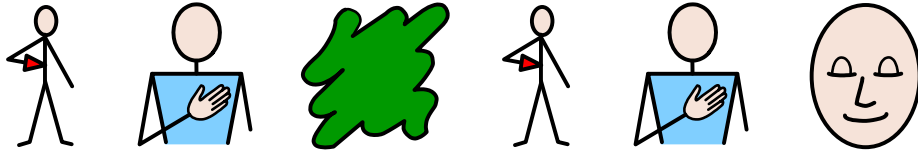
me to not be scared. I will use



kind hands and kind feet. I



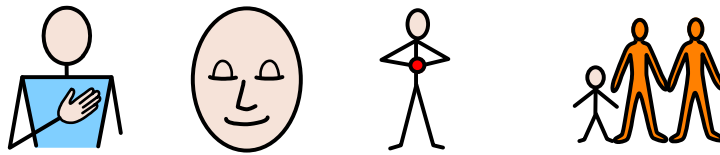
must not hurt anyone.



When I feel green I feel calm



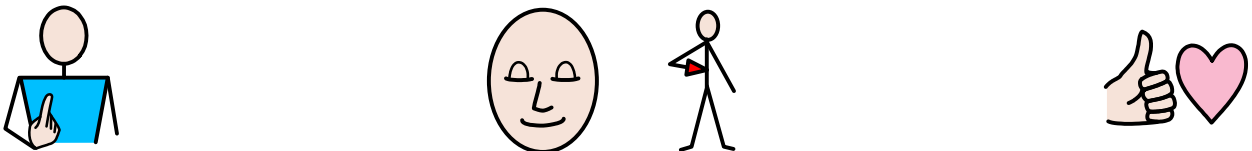
inside. I will tell my grown ups



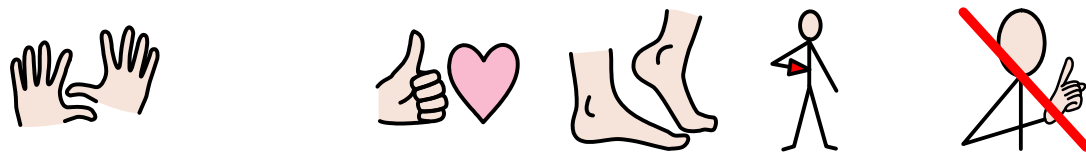
that I feel calm. My grown ups will



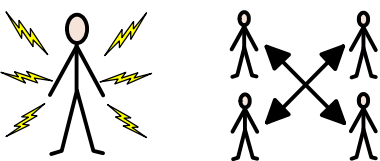
listen to me. My grown ups will help



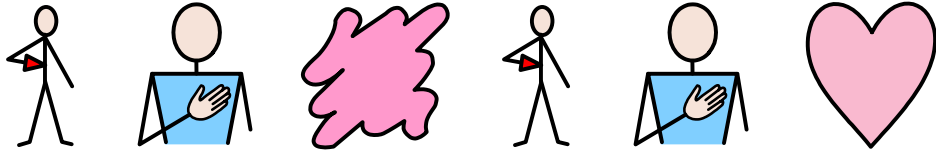
me to stay calm. I will use kind



hands and kind feet. I must not



hurt anyone.



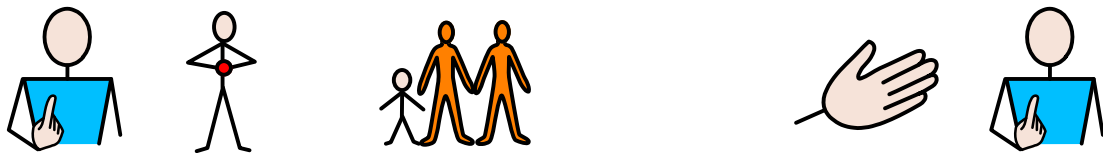
When I feel pink I feel love



inside. I will tell my family that



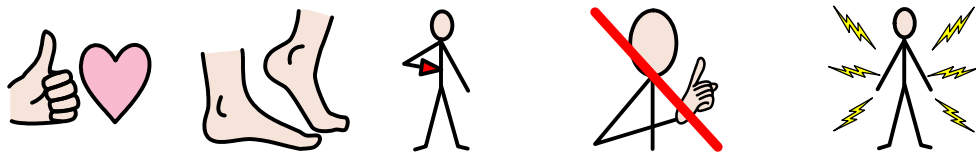
I feel love. My grown ups will listen



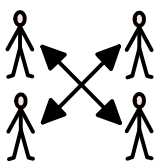
to me. My grown ups will help me



stay happy. I will use kind hands



and kind feet. I must not hurt



anyone.



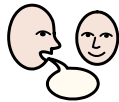
When I feel brown I am not sure



how I feel. I might feel sick. I



might feel ill. My head may hurt.



I will tell my grown ups that I feel



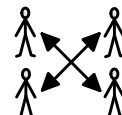
brown inside. My grown ups will help



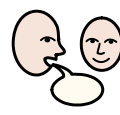
me to find out why I feel this way.



I will use kind hands and kind



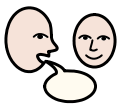
feet. I must not hurt anyone.



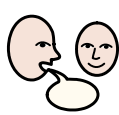
When I feel sad I will tell my



grown ups. When I feel sick I will



tell my grown ups. When my body



hurts I will tell my grown ups



My grown ups will help me feel



better. My grown ups will help me



feel happy again. I will use kind



hands and kind feet.

Today I feel...



happy



angry



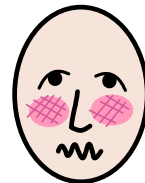
sad



calm



scared



embarrassed



love



don't know