

HAPPY



I smile so big,
my heart feels light,
I'm happy today,
everything's right!



TIRED



My eyes are heavy,
I yawn and sigh,
I need some rest,
so I can try,
tomorrow new and
full of energy!



SAD



My heart feels small,
a tear falls down,
I feel so sad,
with a frown.
It's okay to feel,
I'll be okay soon.



HOW DO YOU FEEL?

★ HAPPY ★



I am happy!
I feel great!

★ SAD ★



I am sad.
I feel bad.

★ TIRED ★



I am tired.
I need rest.

★ HOW DO YOU FEEL? ★

I AM SAD

I am sad, I feel so low,
Tears may fall,
my face will show.
But it's okay, this feeling too,
Will pass by—I'll smile soon!



I AM ANGRY

I am angry, I stomp and say,
"I don't like this!"
in a loud way.
I take a breath, 1...2...3,
Now I feel calm inside of me.



I AM EXCITED

I am excited, I jump and cheer,
Something fun is coming near!
I clap my hands, I smile wide,
So much joy I feel inside!



I AM SCARED

I am scared, I feel afraid.
Something is scary
and I want to be safe.
My heart beats fast,
I feel nervous inside!



I AM SURPRISED

I am surprised, something
unexpected happened!
My eyes are wide,
and my mouth goes "O"!
Wow, I didn't see that coming!



I AM PROUD

I am proud, I did my best!
I worked hard and
I feel good about myself.
I stand tall and
I want to celebrate me!



I AM WORRIED

I am worried, I keep thinking
about what might happen.
I have questions in my head
and I feel uneasy.
I hope everything will be okay.



I AM CONFUSED

I am confused, I don't understand.
It's hard to know what to do.
I have thoughts everywhere
and I need some help!



I AM CALM

I am calm, I feel peaceful.
My body is relaxed
and my mind is clear.
I take slow breaths
and feel okay.

