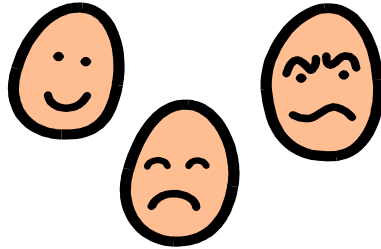


How Does It Feel?

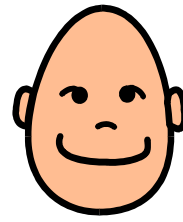


How do I feel when I fall down and hurt myself? It might hurt badly. I might cry. It's O.K. to cry . It's O.K. to cry because it hurts.

I need help

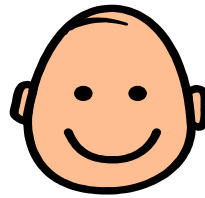


O.K.



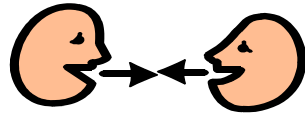
I can ask for help and try again.
It's O.K. to make mistakes
everybody makes mistakes.

happy



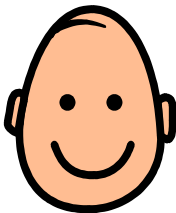
How do I feel when I do a good job
at school or at home? I feel great!
I feel happy! I smile and tell some-
one how I feel. I can show someone
my work and say "Look I did it!"

Let's talk



If I can't tell how someone is feeling by the look on their face I could say "How do you feel?" It is good to share my feelings with other people.

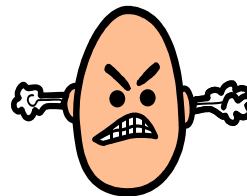
happy



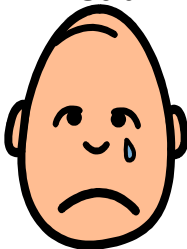
mad



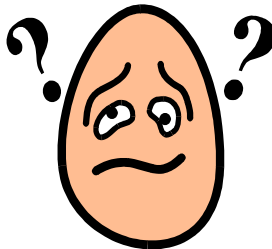
angry



sad



confused



worried

