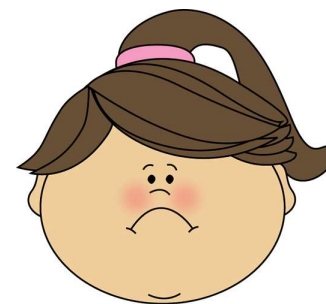
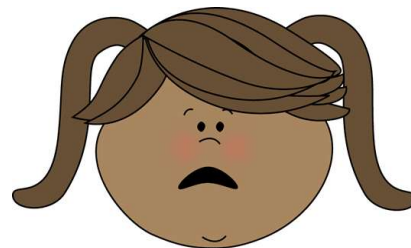
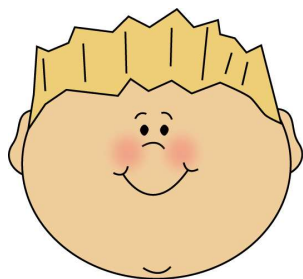
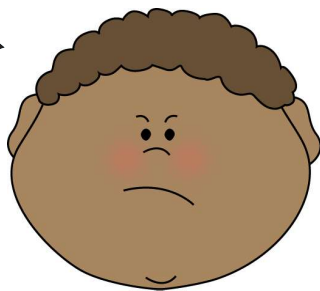


My Feelings Book



The book contains a cover the children can color and write their name. There are 6 emotions the children can draw a picture of a time when they felt happy, angry, sad, silly, scared, or excited.

www.LaniesLittleLearners.blogspot.com

my
feelings
BOOK

BY:

I sometimes feel sad when

I sometimes feel silly when

I sometimes feel angry when

I sometimes feel happy when

I sometimes feel excited when

I sometimes feel scared when



Lanie's Little Learners

A blog dedicated to providing engaging hands-on activities to promote active learning for educators and parents.

My Feelings Book

The book contains a cover the children can color and write their name. There are (6) emotions the children can draw a picture of a time when they felt happy, angry, sad, silly, scared, or excited. I am using the book in my Safe Place area based on Conscious Discipline to encourage children to identify how they feel and what makes them feel that way. I am also introducing My Feelings Book as part of my Feelings Theme to use at the beginning of the school year.

Directions: It is suggested to print on white copy paper front and back. Fold the booklet hamburger style and staple down the fold.

For more ideas and resources follow my blog at: LaniesLittleLearners.blogspot.com.

If you have any suggestions and/or comments to make this learning packet better, please feel free to email me at: lanieslittlelearners@gmail.com.

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