



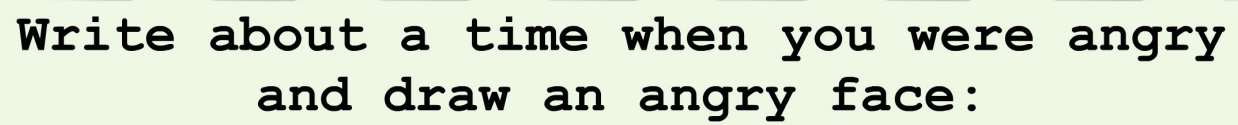
**ALL ABOUT
MY Emotions!**



Meet ANGER:

Anger or feeling Angry is when you are mad
at something or someone.

You may feel anger when you don't get a new toy
or when your mom tells you no.





Meet DISGUST:

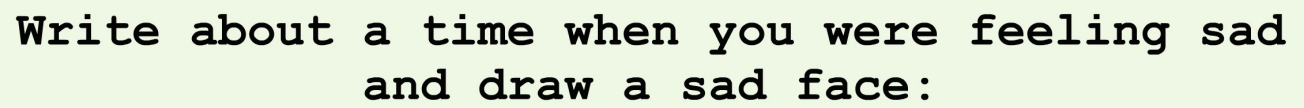
Disgust is when you don't like something and you refuse to try it or have anything to do with it. You might feel disgust when your mom wants you to eat vegetables or when a girl or boy likes you.



Meet SADness:

Sadness is when you feel down or want to cry about something that has happened.

You might feel sad when your best friend moves or when your pet dies. You might cry when you are feeling sadness.



Write about a time when you were feeling sad
and draw a sad face:



Meet FEAR:

Fear is when you are scared about something or someone does something scary to you. You might be fearful of the dark or spiders. You might feel like crying or worrying about it.



**Write about a time when you were feeling fearful
and draw a scared face:**

A series of horizontal red lines on a light green background, providing space for writing and drawing.



Meet JOY:

Joy is when you feel happy about something or someone does something nice for you.
You might feel joyful when you get a new toy or you see your best friend after summer.



Write about a time when you were feeling joyful
and draw a happy face:



YOUR EMOTIONS:

Each one of your emotions are special and unique to you. You should learn to identify what brings around your emotions so you can control them and not let them control you!