



Dear Educator,

This file offers views of some of the worksheets in our “Feelings” thematic unit. The cover for an eWorkbook is shown followed by the preview pages.

The “Feelings” unit offers [14 pages](#).

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Feelings



FEELINGS

Feelings are special. We all have the same feelings. We show them in different ways. You can learn to say “yes” to your good feelings that make you happy.

You can say “no” to feelings that make you feel sad or to feelings that get you in trouble.

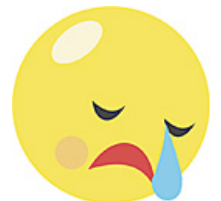
HAPPY

Make a list of things that make you happy.



SAD

Make a list of things that make you sad.



FEELINGS

Happy is a good feeling. There are people and things around you that make you feel happy.

Sometimes you show you are happy by smiling, skipping, hugging, and doing nice things for those around you.



Everyone wants to be happy. No one is happy all the time. Try to have happy thoughts all through the day. Happy thoughts make you feel better about everything.

If you are happy then your friends and the people around you will be happy.



Read the questions below. Think carefully about your answers.

1. What is something that would make you really happy.

2. Write a happy thought on the lines below.?

FEELINGS

CRISS CROSS

Can you fit these words into the criss cross?
Use a pencil so you can erase if you need to.

scared
happy

angry
funny

friends
love

hugs
warm

