

My Feelings Easy Reader Booklet

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My Feelings Activities

Directions:



I'm a firm believer in the following quote: ***"Children don't care how much you know until they know how much you care!"*** Even little kids carry around a lot of "baggage in today's world parents are divorcing, older siblings are in all sorts of trouble and the nuclear family is a nuclear reactor exploding on a daily basis.

Gone are the days of mommy staying home to raise a family. Two incomes are needed to pay the mortgage and be able to make two car payments. I believe this is a big reason why some children are starved for attention negative or otherwise. Who can blame exhausted parents for parking children in front of boob tubes for a moment's peace and quiet?

That's why I make physical contact with each child as they walk through my door. I give them a "high five" and notice something "cool" about them and comment: ***"Nice shirt Caleb."*** ***"I like your pig tails Ellie."*** I also like to know how their emotions are raging. You'd be surprised to find out that some of your little "punkins" are not really all that happy. Sometimes grampa or the dog just died, or daddy moved out and you don't even have a clue, and you expect them to learn the letter of the day and whatever.

That's why I designed the "Happy Face" assessments to see where my children are at. I also let them share their feelings with a partner or two other friends. This is worth the 5 minutes it takes and it gets them to bond as well as use their words. You can walk from group to group and get an ear full, then pull them aside later if you think they need to unload further. I challenge you to get to know your little ones better, and give them a chance to vent. You'll be a better teacher and have better behaved students.

Dong these feelings activities and reading other emotions books will help your students get a handle on just what feelings are and give them a vocabulary they can use to express themselves.

The flashcards can be used as flashcards, or can be used as skill sheets to practice reading and writing, they can also be traced and cut apart and laid on a table and made into sentences. Once made into a sentence the child can make Itty Bitty Sentence booklets and add some picture cards. They will feel proud to bring their Itty Bitty books home to read to their family. I've provided a cover template if you want to make booklets as well as a blank faced emotion template for students to draw in emotions to match the word cards.

The graph is a nice math extension. There's a blank-faced one for you to add more emotions if you want.

Put the master large-faced EMOTIONS sheet on the board and explain the different emotions and demonstrate how to draw them. Have children discuss what kinds of things make them happy, sad, mad, sleepy, bored, and scared. List them on the board under each face. Give your students their own paper to draw their own faces on, and then have them copy the list of things on their check list that applies to themselves.

Children READ, TRACE, then WRITE the sentences in the My Feelings Easy Reader Booklet. They copy one of the things off the board that makes them feel that way, then they draw a face displaying that emotion. Finally, they cut and glue the matching card to the rectangle on the page. When everyone is done, read the booklet as a whole group. Have them fill out their certificate by writing in their name. When they have done that, have them raise their hand, and you sign their certificate. This is a real self-esteem builder. They can now take their booklet and certificate home. to read and share with their family for more positive reinforcement.

Run the flip books off, staple them, then cut them on the lines. Children READ, TRACE and WRITE the sentences. They use the picture as a clue for the emotional challenge word. When everyone is done, read the booklet as a whole group. Pass out the certificates and have the children write their names on them. When they are done with that, have them raise their hand and you will sign it. They can now take their booklet and certificate home to read and share with their family for more positive reinforcement.



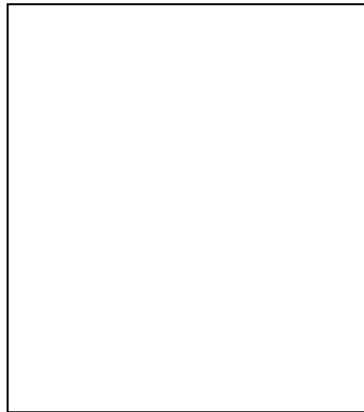
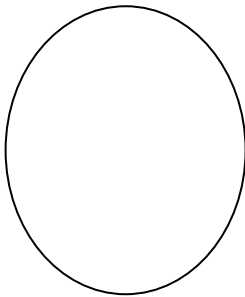
I feel happy.

I feel happy.



_____ makes me happy.

Draw

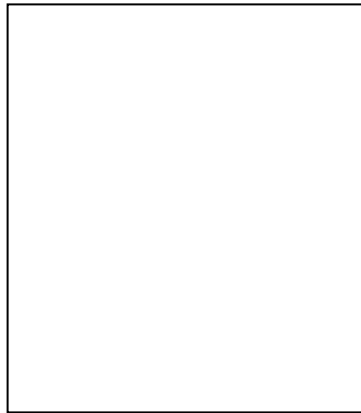
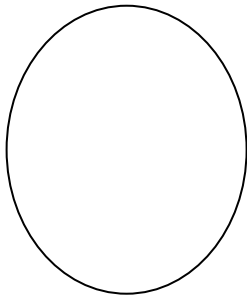


I feel sad.

I feel sad.



_____ makes me sad.

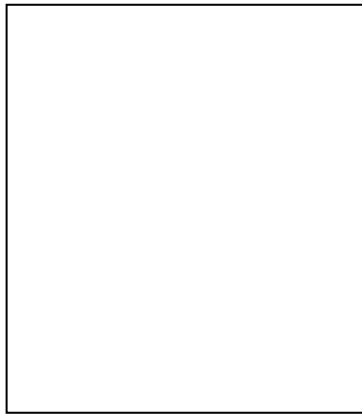
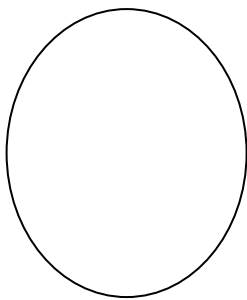


I feel mad.

I feel mad.



_____ makes me mad.

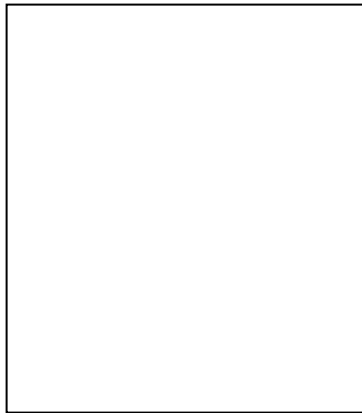
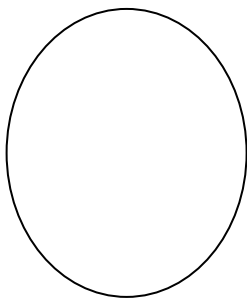


I feel sleepy.

I feel sleepy.



_____ makes me sleepy.

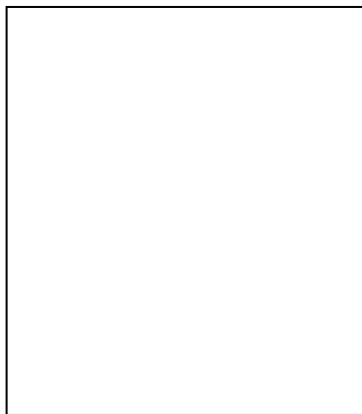
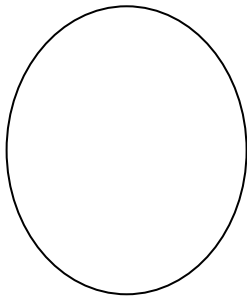


I feel bored.

I feel bored.



_____ makes me bored.

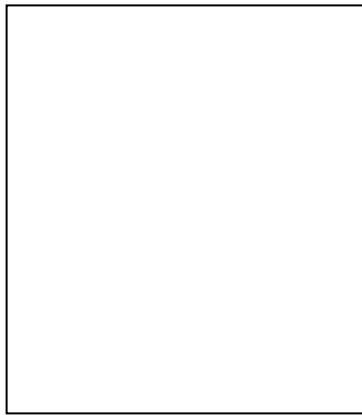
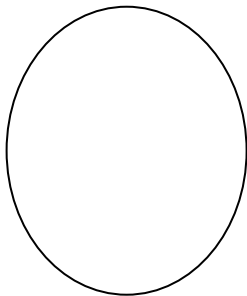


I feel scared!

I feel scared!



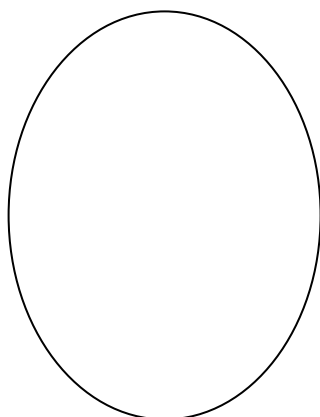
_____ makes me scared!



I am me, and It's OK to feel the way I do.
We all have emotions.



Today I feel _____.



CUT out the cards and GLUE them to the rectangles on the matching pages.

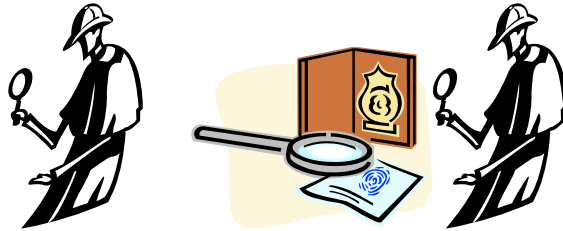




to



Has become an **ABCDe**-tective with the following words:



The booklet *My Feelings Easy Reader Booklet* covers the following **11** sight words:

- all
- am
- and
- do
- have
- I
- it's
- the
- to
- way
- we

Plus these **10** challenge words:

bored	emotions	mad	makes
feel		sad	scared
happy		sleepy	today

I can read this booklet. I know these **21** words! Yay for me!

Congratulations!

has successfully read *My Feelings Easy Reader Booklet*
Keep up the great work!



My Feelings Flip Booklet.

My Feelings Flip Booklet.

Handwriting practice lines for the first section, consisting of three sets of three horizontal lines (top solid, middle dashed, bottom solid).

My Feelings Flip Booklet.

My Feelings Flip Booklet.

Handwriting practice lines for the second section, consisting of three sets of three horizontal lines (top solid, middle dashed, bottom solid).

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My Feelings Flip Booklet.

My Feelings Flip Booklet.

Handwriting practice lines for the third section, consisting of three sets of three horizontal lines (top solid, middle dashed, bottom solid).

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I feel happy.

I feel happy.



I feel happy.

I feel happy.



I feel happy.

I feel happy.



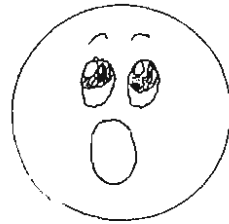
He feels scared.

He feels scared.



He feels scared.

He feels scared.



He feels scared.

He feels scared.



She and I feel sad.



She and I feel sad.

Handwriting practice lines consisting of a solid top line, a dashed middle line, and a solid bottom line.

She and I feel sad.



She and I feel sad.

Handwriting practice lines consisting of a solid top line, a dashed middle line, and a solid bottom line.

She and I feel sad.



She and I feel sad.

Handwriting practice lines consisting of a solid top line, a dashed middle line, and a solid bottom line.

Dad is mad.

Dad is mad.



Dad is mad.

Dad is mad.



Dad is mad.

Dad is mad.



Yes. I am mad.



Yes. I am mad.

Handwriting practice lines consisting of a solid top line, a dashed middle line, and a solid bottom line.

Yes. I am mad.



Yes. I am mad.

Handwriting practice lines consisting of a solid top line, a dashed middle line, and a solid bottom line.

Yes. I am mad.

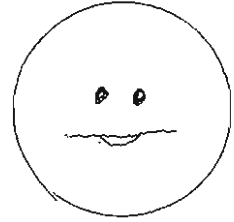


Yes. I am mad.

Handwriting practice lines consisting of a solid top line, a dashed middle line, and a solid bottom line.

My mom is bored.

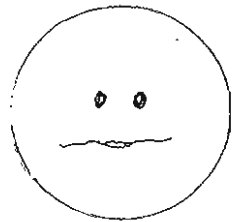
Mom is bored.



Ho
hum...

My mom is bored.

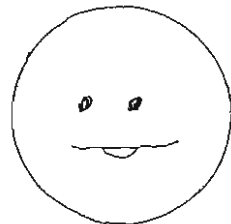
Mom is bored.



Ho
hum...

My mom is bored.

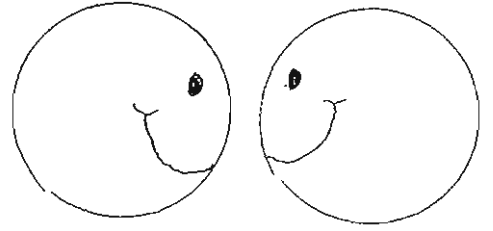
Mom is bored.



Ho
hum...

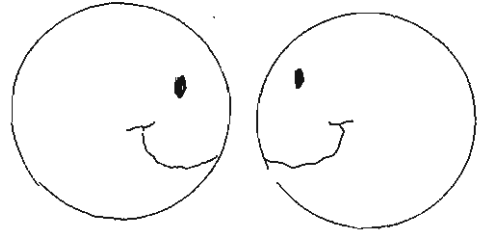
We are happy.

We are happy.



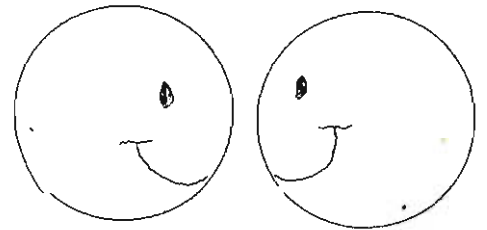
We are happy.

We are happy.



We are happy.

We are happy.



Look! They are all happy.

Look! They are all happy.

Look! They are all happy.

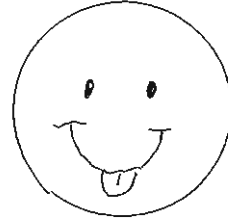
Look! They are all happy.

Look! They are all happy.

Look! They are all happy.

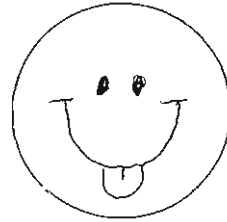
I am happy too.

I am happy too.



I am happy too.

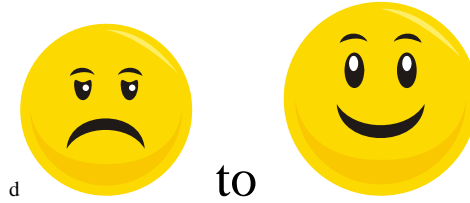
I am happy too.



I am happy too.

I am happy too.





Has become an **ABCDe**-tective with the following words:



The Easy Reader *My Feelings Flip Booklet* covers the following **14** sight words:

- | | |
|-------|--------|
| ○ all | ○ is |
| ○ and | ○ look |
| ○ are | ○ mom |
| ○ dad | ○ she |
| ○ my | ○ too |
| ○ he | ○ yes |
| ○ I | ○ we |

Plus these **6** challenge words:

bored	mad
feel	sad
happy	scared

I can read this booklet. I know these **20** words! Yay for me!

Congratulations!

has successfully read *My Feelings Flip Booklet*
Keep up the great work!



My Emotional Checklist



Things that make me happy:

happy

Handwriting practice lines for the word 'happy' and additional lines for writing.



Things that make me sad.

sad

Handwriting practice lines for the word 'sad' and additional lines for writing.



Things that make me mad.

mad

Handwriting practice lines for the word 'mad'.



Things that make me sleepy.

sleepy.

Handwriting practice lines for the word 'sleepy'.



Things that bore me.

bored

Handwriting practice lines consisting of four sets of three horizontal lines (top, middle dashed, bottom) for writing practice.



Things that scare me.

scared

Handwriting practice lines consisting of four sets of three horizontal lines (top, middle dashed, bottom) for writing practice.

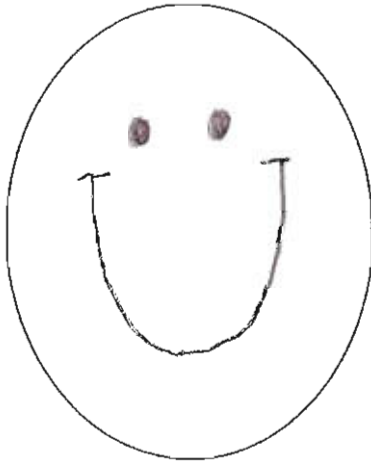
Pronunciation: e-mo-tion

Noun

Plural: Emotions

Definition: Strong feelings about somebody or something.

How do you feel?



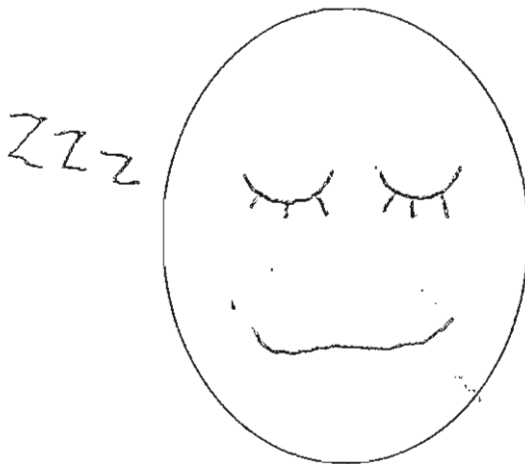
happy



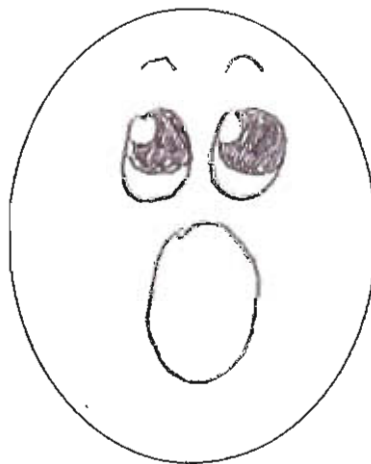
sad



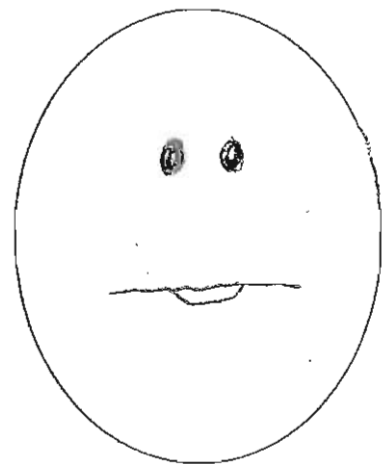
mad



sleepy



scared



bored

Emotions

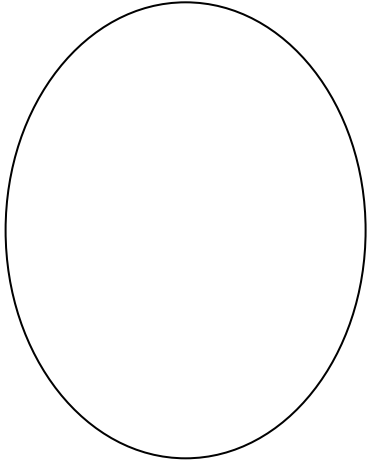
Pronunciation: e-mo-tion

Noun

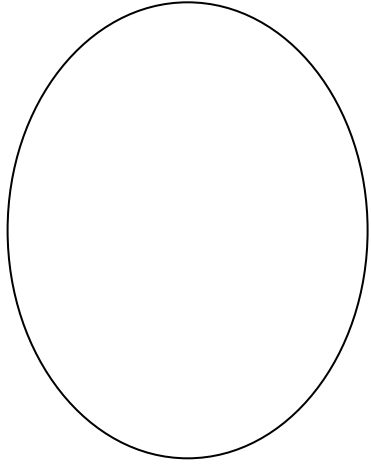
Plural: Emotions

Definition: Strong feelings about somebody or something.

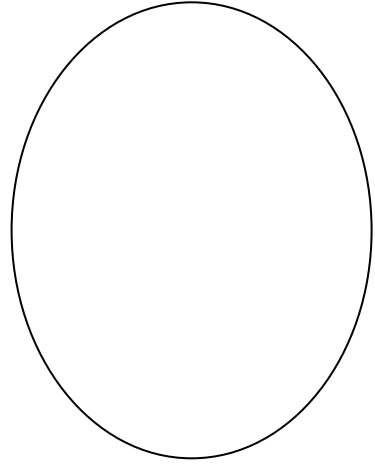
How do you feel?



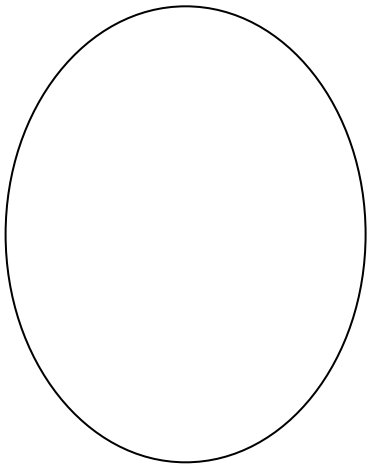
happy



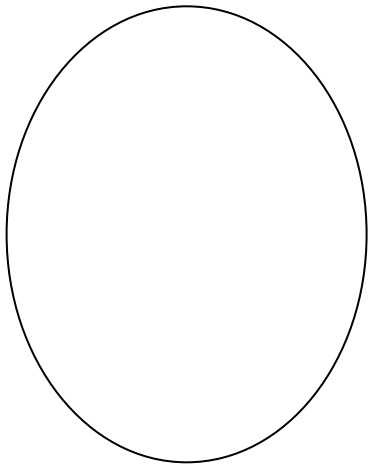
sad



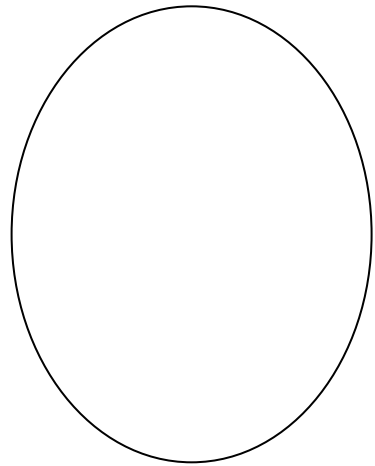
mad



sleepy



scared



bored

Emotions

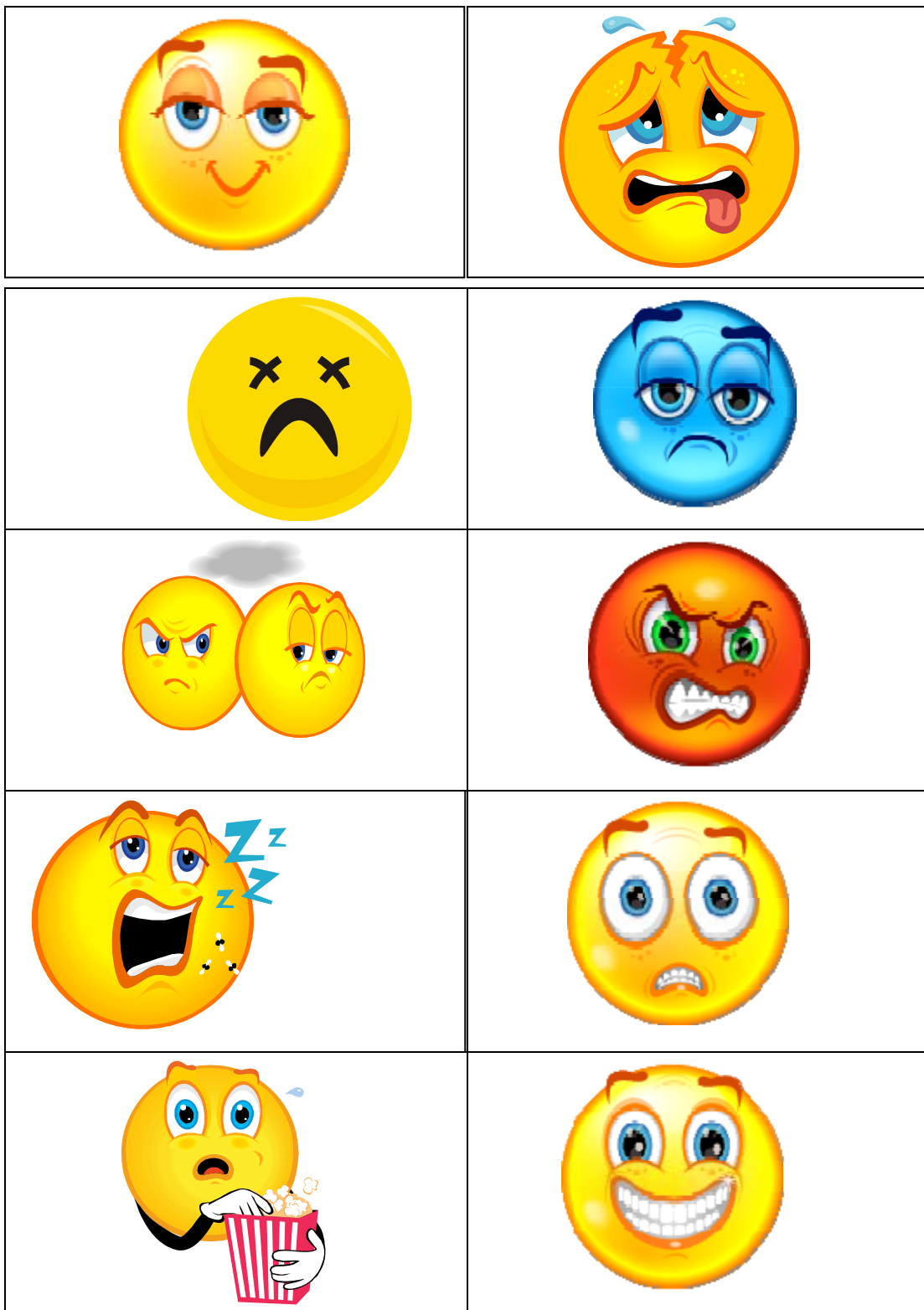
Itty Bitty Emotion Booklet Covers

Emotions	Emotions
Emotions	Emotions
Emotions	Emotions
Emotions	Emotions
Emotions	Emotions

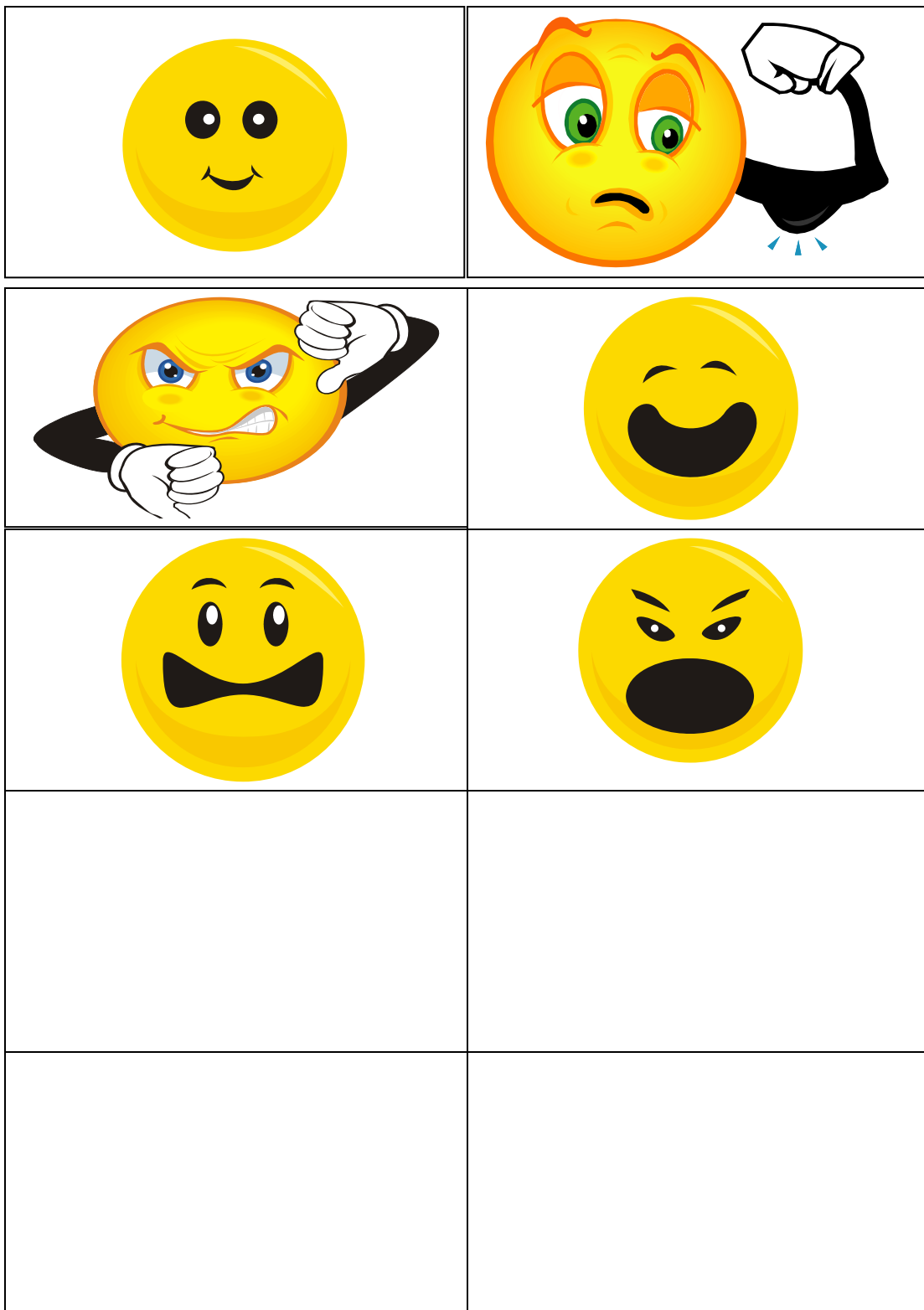
Challenge word flashcards for Emotion booklet.

happy	sad
mad	sleepy
scared	bored

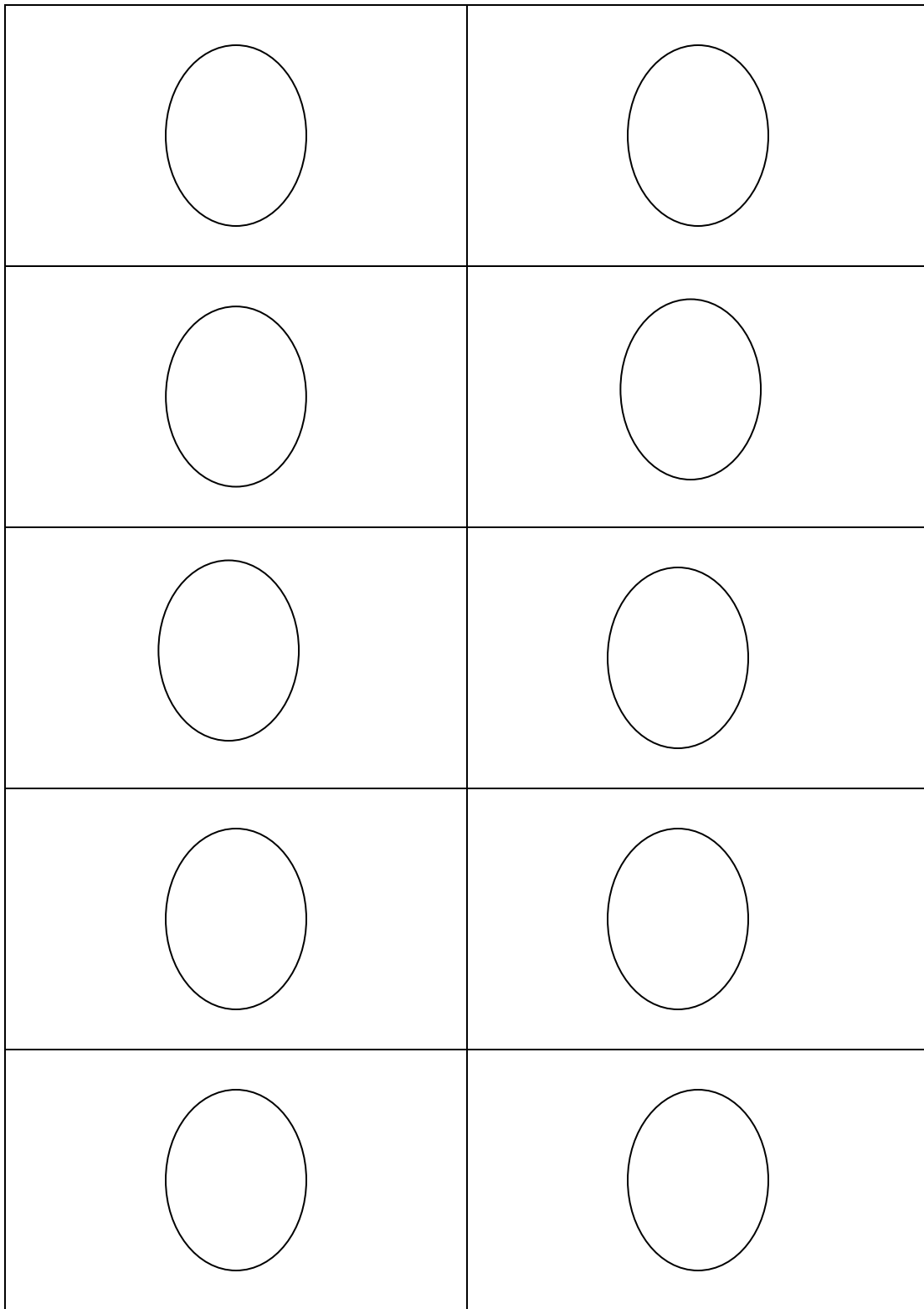
Smilie faces flashcards 2 for Emotion booklet.



Smilie faces flashcards for Emotion booklet.



Blank faces flashcards for Emotion booklet.



Regular sight word flashcards for My Feelings Booklet

I	me
my	am
and	it
the	do
all	have

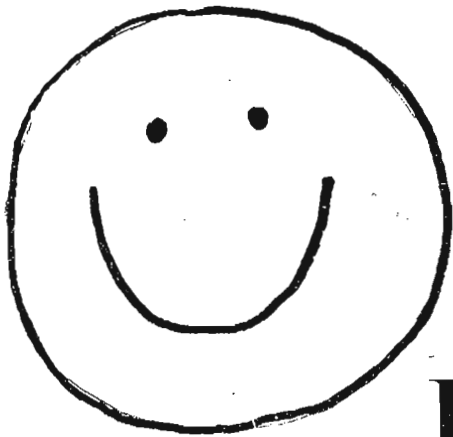
Challenge word flashcards for My Feelings Booklet

feel	makes
emotions	today
OK	way

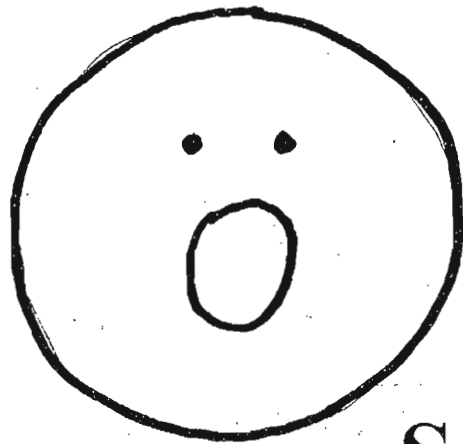
[illegible]

[illegible]

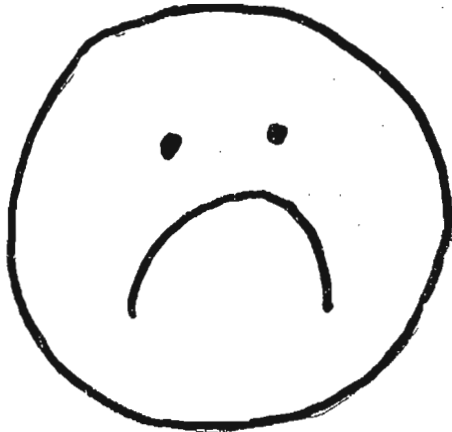
Today I feel...



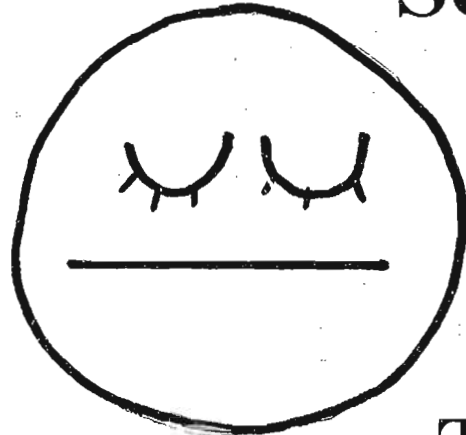
Happy



Scared



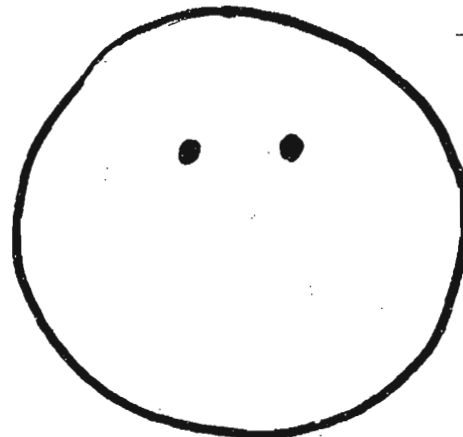
Sad



Tired



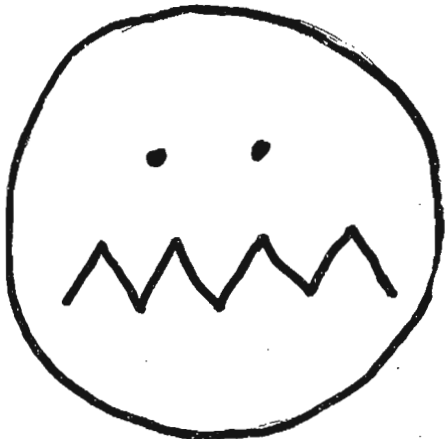
OK



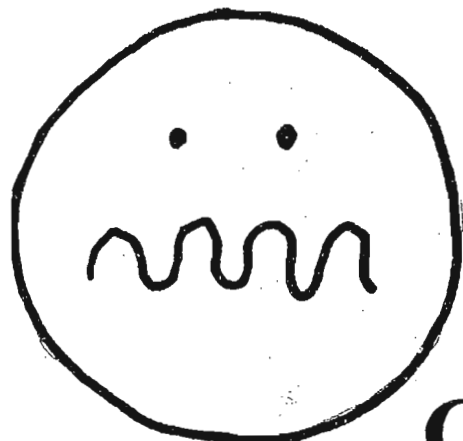
Blah

Not Sure

**Draw
your
own**

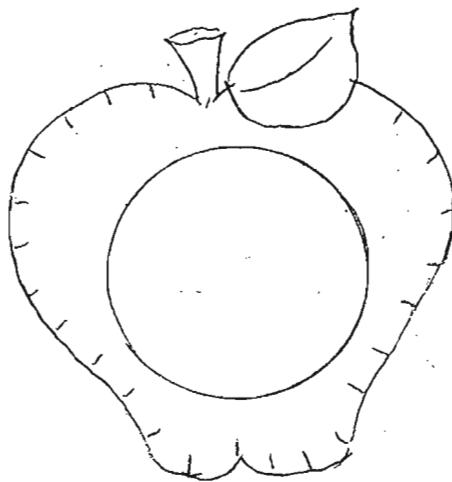


Mad

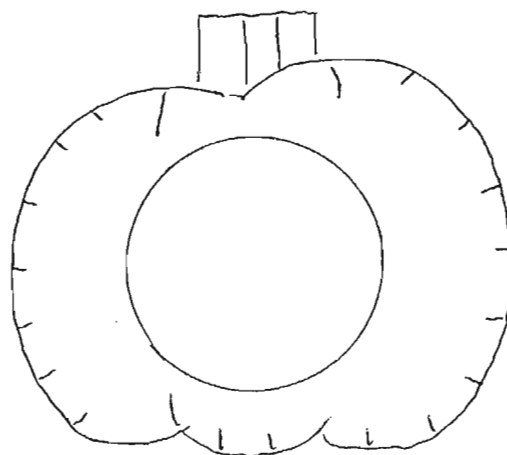


Crazy

Today I feel...

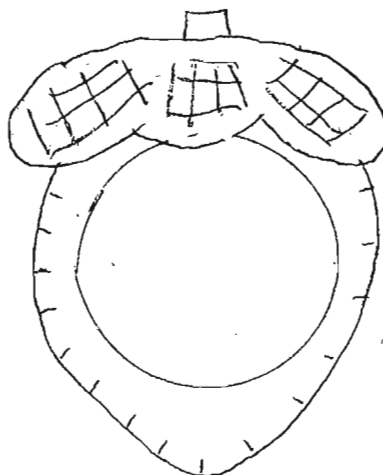


Today I feel...



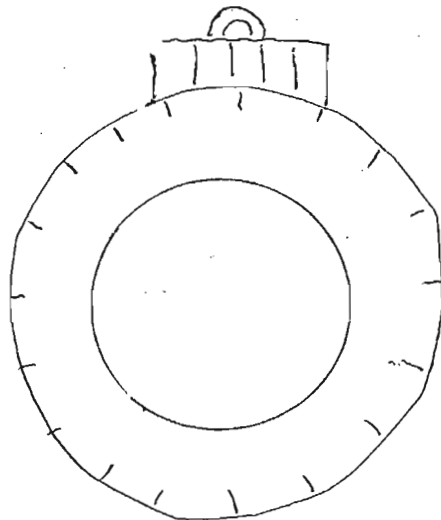
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Today I feel...



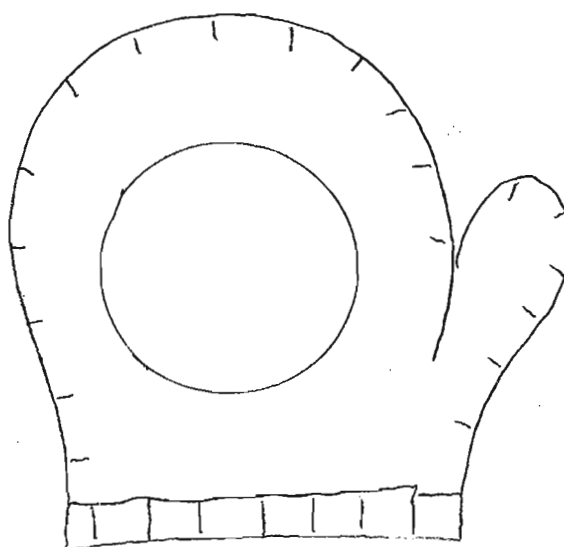
©TeachWithMe.com

Today I feel...



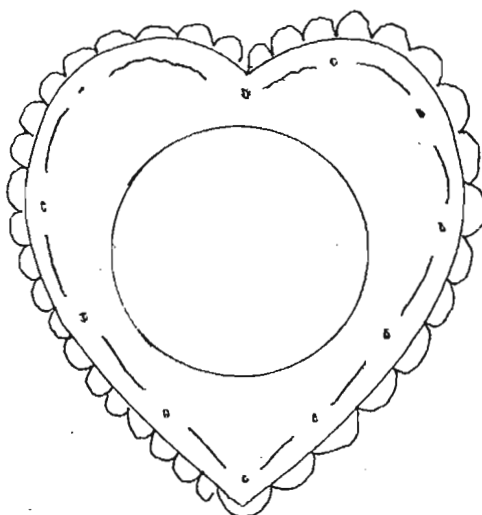
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Today I feel...



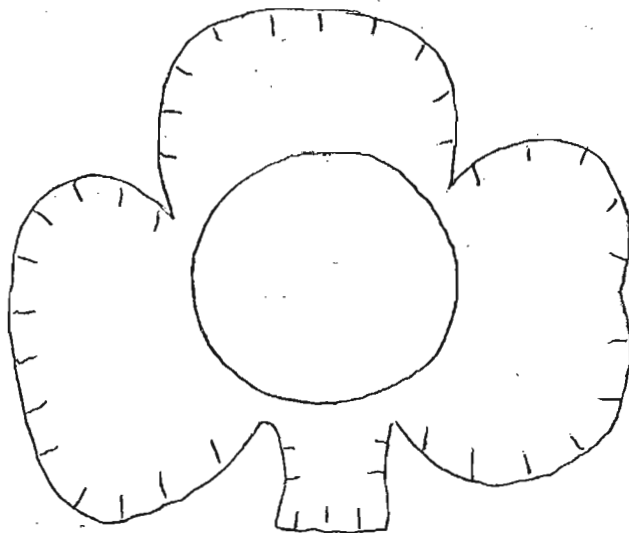
©TeachWithMe.com

Today I feel...



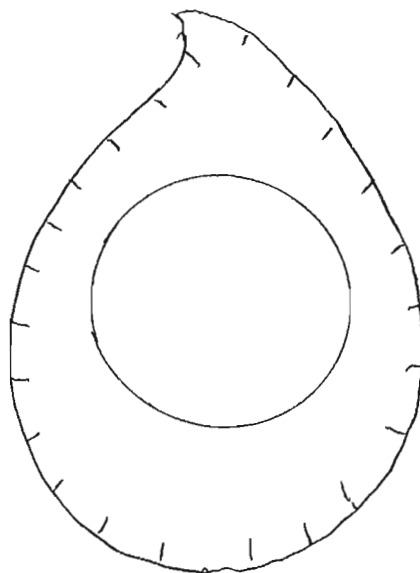
Today I feel...

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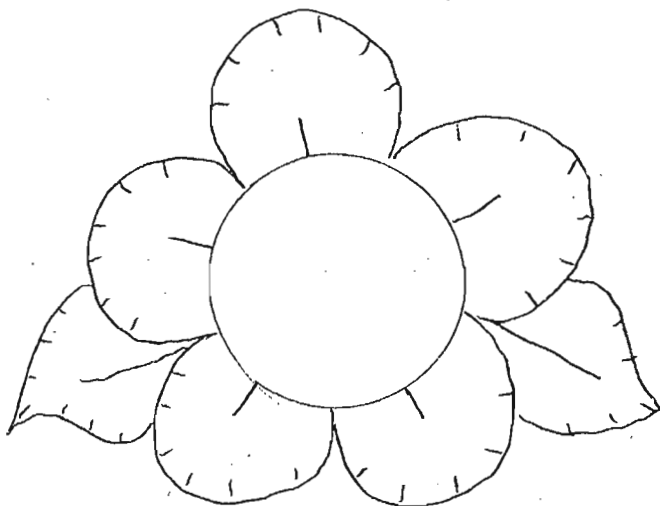
Today I feel...

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Today I feel...

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I like myself.



I like school



I am smart.



My teacher likes me.



My family loves me.



Name: