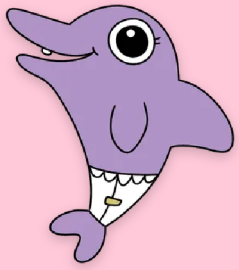
SEL · FEELINGS AND EMOTIONS · GRADES K–2

My Little Feelings Book



Draw a picture for when you feel happy, sad, mad and scared, then share your little feelings book with a grown-up.

Name: _____ **Date:** _____

Draw a picture in each box. A grown-up can help you write the words on the line. Then share your feelings book!

I feel happy when...

I feel sad when...

I feel mad when...

I feel scared when...

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