

# How Do You Feel?

Emilia Rivas



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Everyone has feelings.  
Sometimes we feel happy.  
Sometimes we feel sad.  
Sometimes we feel proud.  
And sometimes we feel mad.



Our feelings are called emotions.  
We don't always feel the same.  
Our feelings come and go.  
Each emotion has a name.





I feel **peaceful** and **calm** when my mom hugs me.  
How do you feel when your mom hugs you?



I feel **excited** and **happy** when I open a special gift.  
How do you feel when you open a special gift?



I feel **disappointed** when I make a mistake.  
How do you feel when you make a mistake?



I feel **joyful** when I dance.  
How do you feel when you dance?



I feel **proud** when I finish a puzzle.  
How do you feel when you finish a difficult puzzle?



I feel **triumphant** when I learn something new.  
How do you feel when you learn something new?



I feel **angry** when someone knocks down something I have made.  
How do you feel when someone knocks down something you are building?



I feel **special and loved** when my daddy puts me to bed.  
How do you feel when it is time to go to bed?

Everyone has feelings.  
We can learn to control how we act.  
The first step is to take a deep breath.  
It is as simple as that!



Can you try it with me?