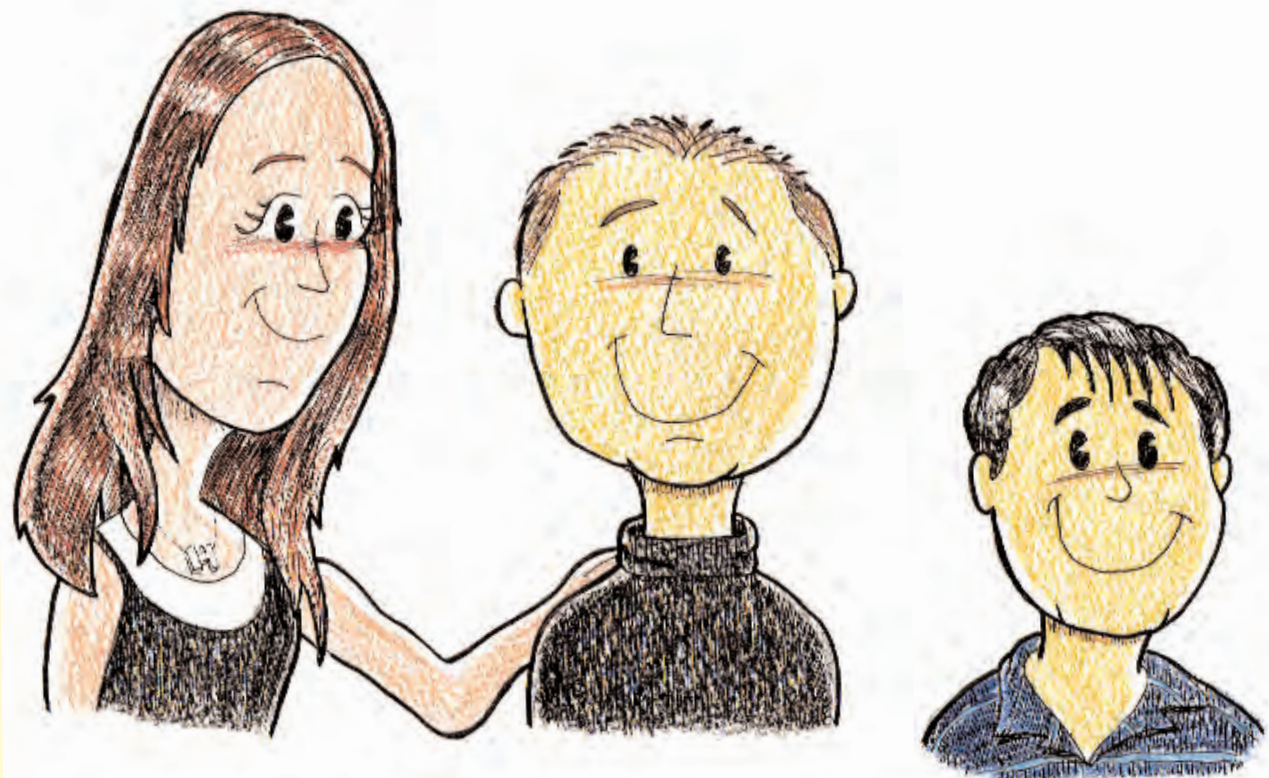


I FEEL...

with Holly, Carlos, & Jose



by Michael J. Oswald

Hi!

I'm Carlos.

We all have a lot of feelings. Sometimes I need help understanding my feelings and how to act.



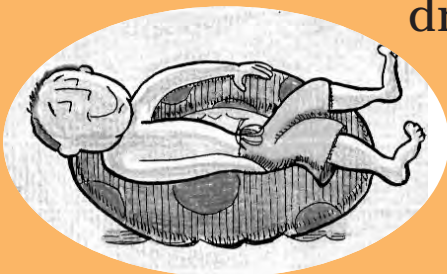
I asked my brother, Jose and my sister, Holly, to share with you some of our feelings and where they come from.



There are so many feelings. These are some of ours. You may have your own.



We added some extra pages for you to try to write and draw some things about your feelings. We hope you have fun learning about your feelings. Me, I'm going swimming.



I feel
sad.



*I have tears because
I miss my mom*

I feel happy.

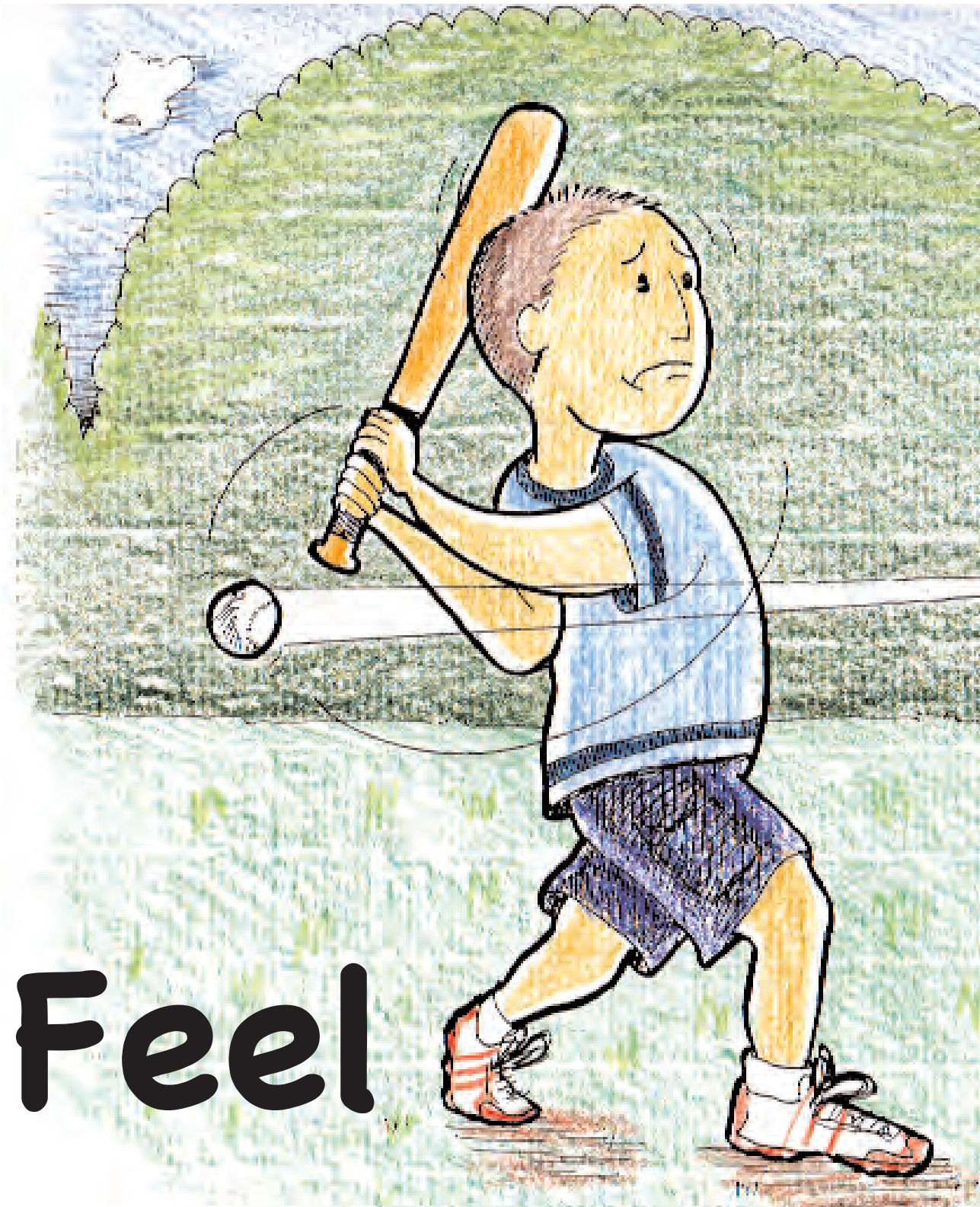


*I love talking to my friends
on my new cell phone.*

I feel angry

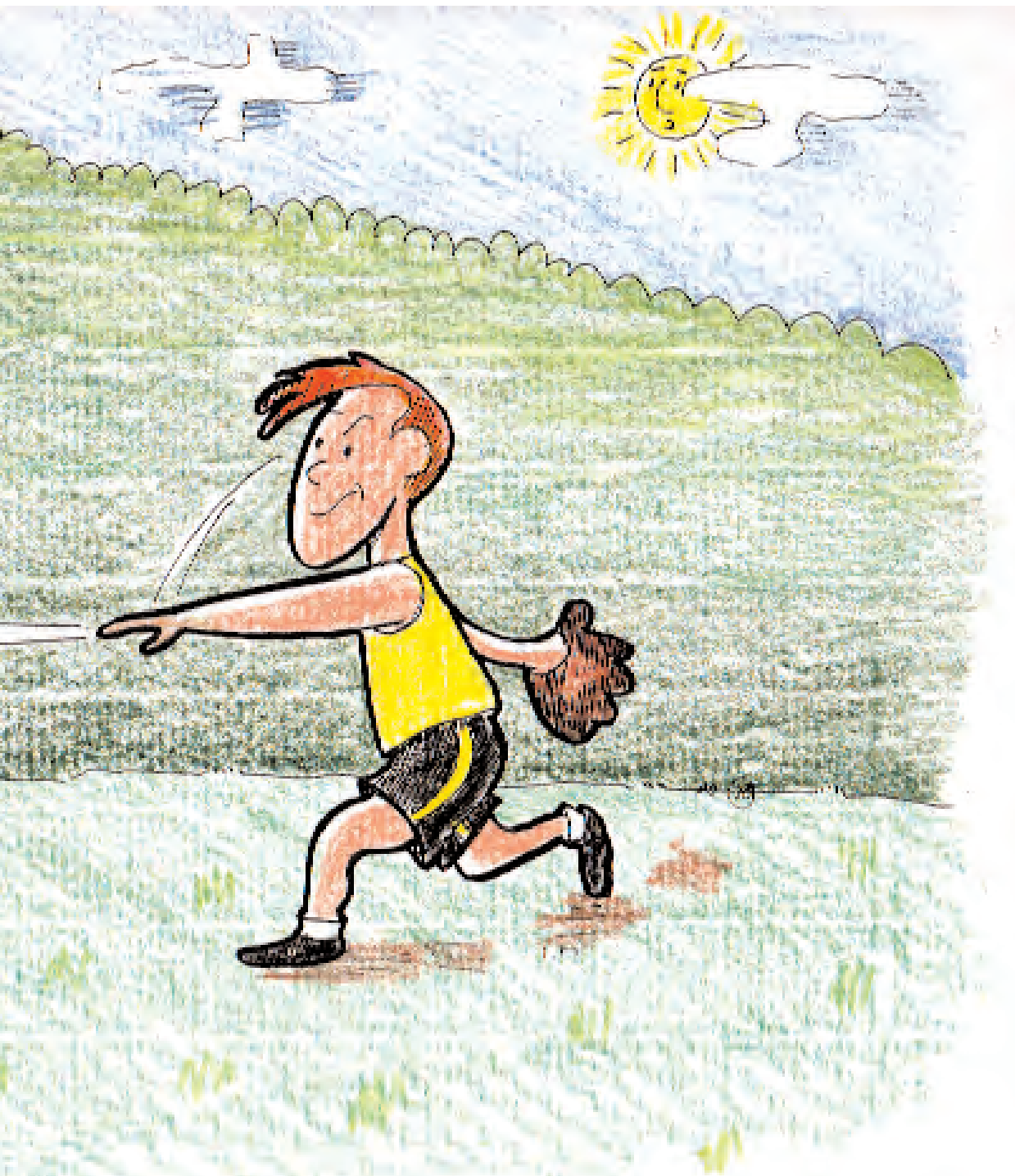


*when my brother won't
share the toys.*



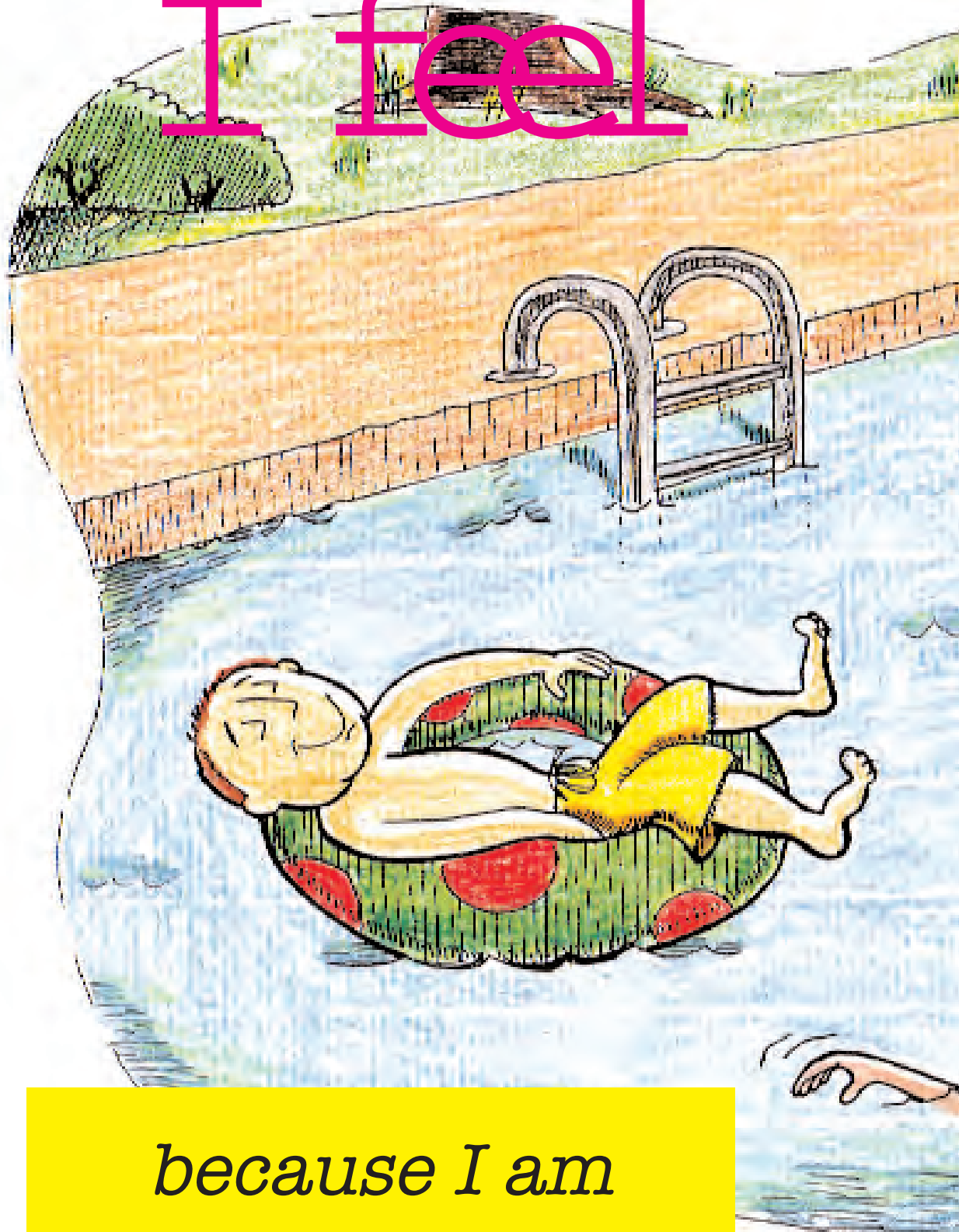
I Feel

Frustrated



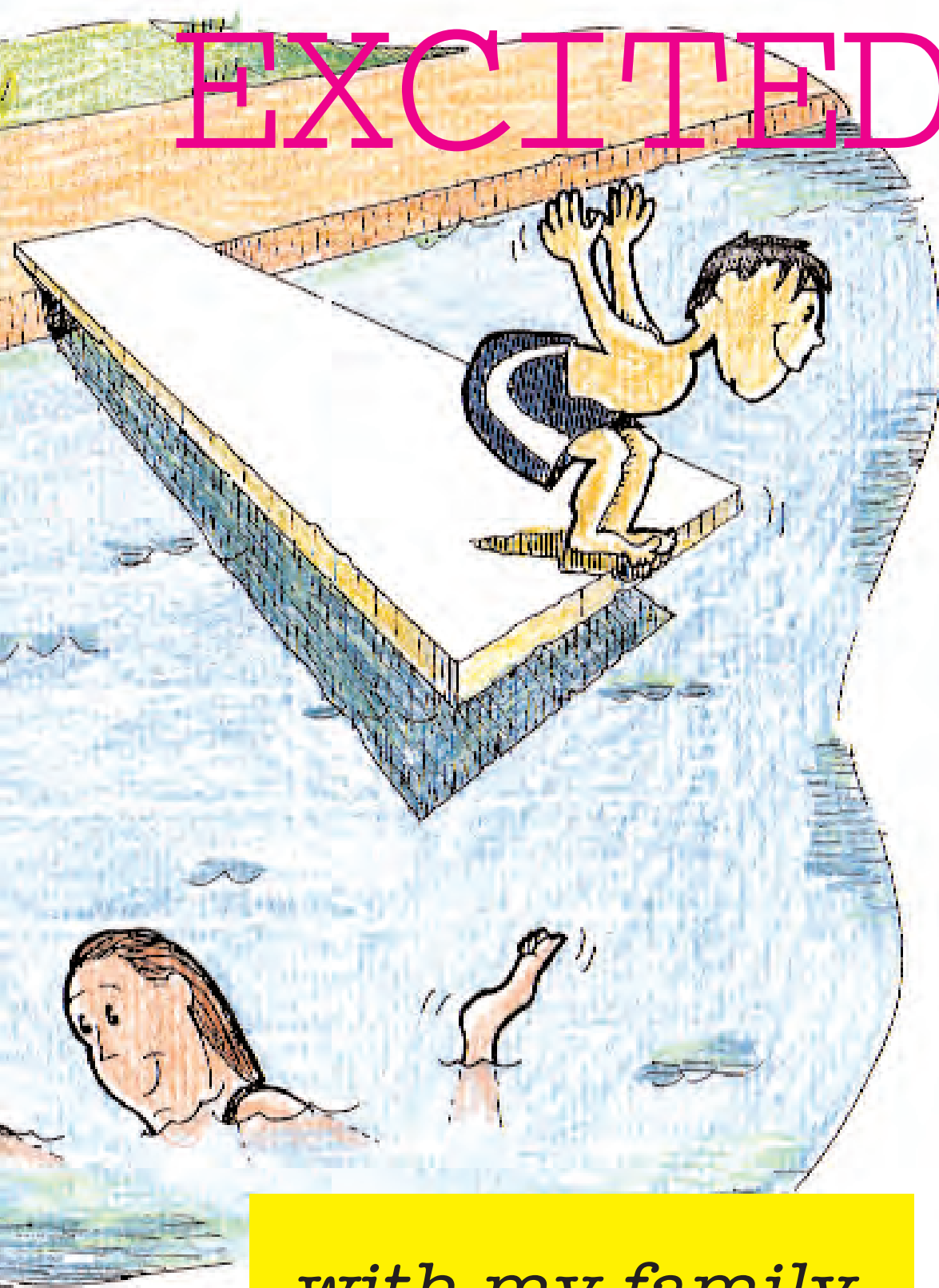
*when I can not hit
the ball.*

I feel



*because I am
going swimming*

EXCITED



with my family.

I feel
hungry.



My tummy is rumbling.

I feel sick.



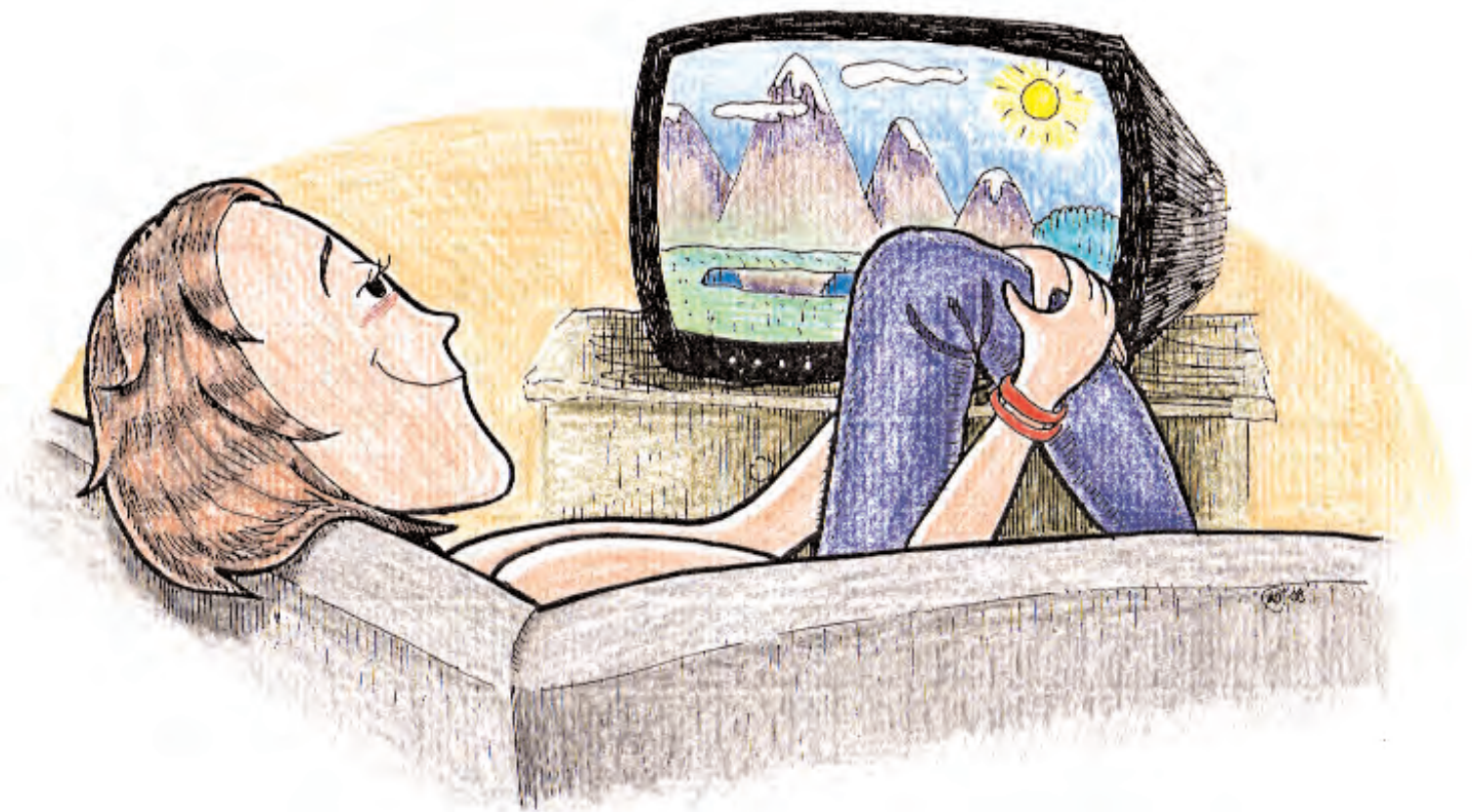
My head and tummy hurt.

I feel scared



When the thunder is too loud and there is a lot of lightning.

I
feel calm.

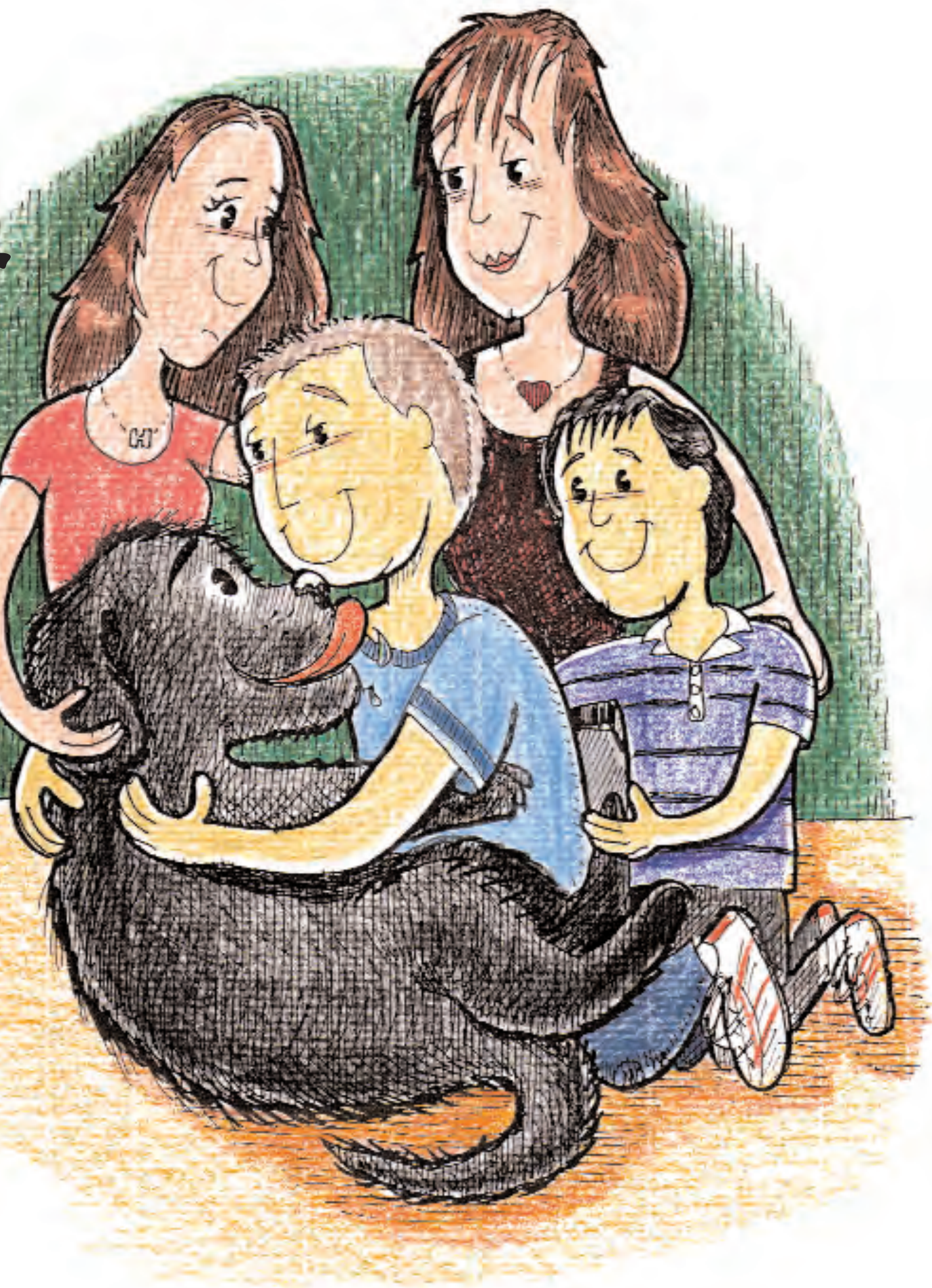


*when I relax and watch
nature shows on TV.*

I feel loved.

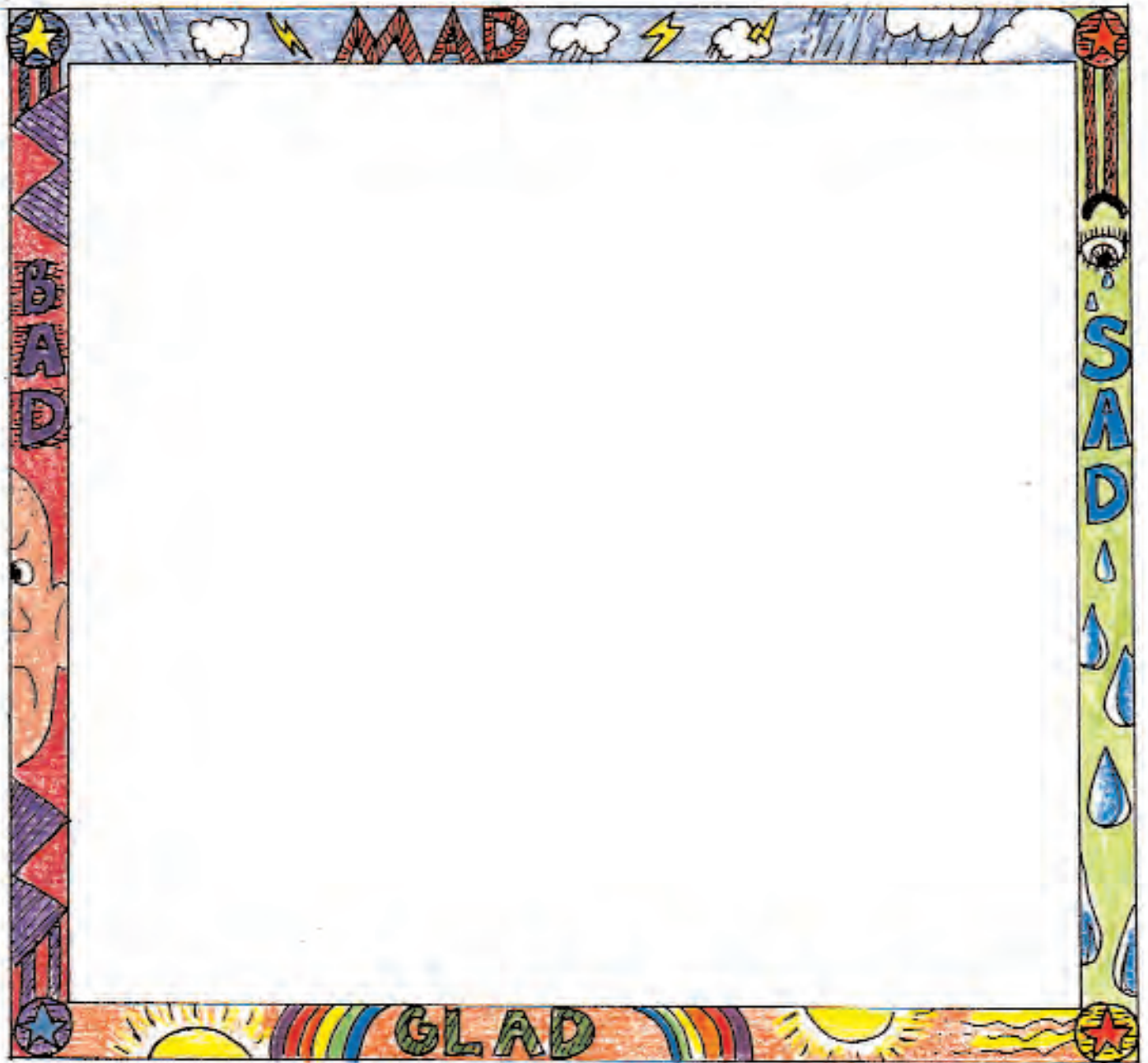
*I know my family
loves me.*





Your turn.

I feel



I feel _____



