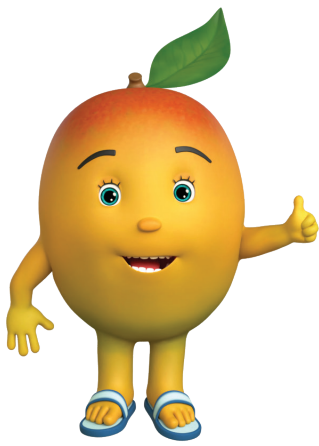




Name _____ Date _____

ALL ABOUT FEELINGS WITH MR. MANGO!

Feelings help us know what's happening inside and around us. Let's learn, grow, and be our best together!

1 Match the feeling!

Draw a line to match each feeling to the right picture.

WOW!



COOL!



HUH?



YAY!



UH-OH!



EEK!

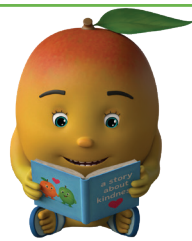


2 How do you feel?

Look at each picture. Write the correct feeling below.









3 Calm Down Corner

When big feelings come, these can help!
Color the things you can try.



Take a deep breath



Read a book



Listen to music



Ask for a hug



Take a break



Drink some water

Every feeling is okay.

4 Draw it!

Draw a time when you felt one of these feelings.
What happened?

