

The DEALING-WITH-FEELINGS

free sampler!



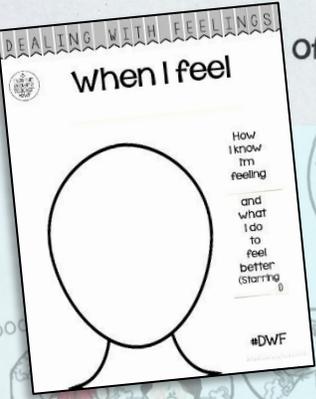
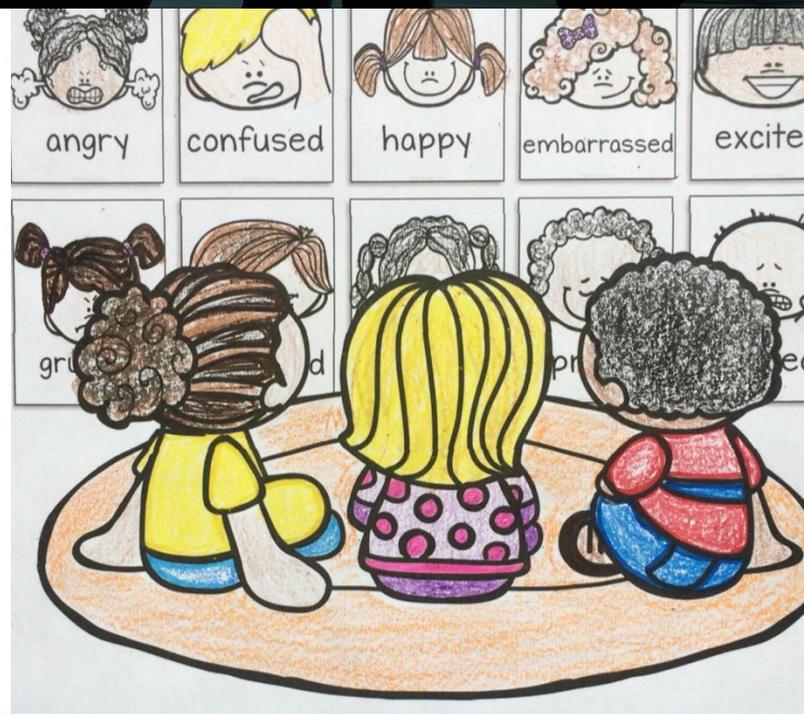
I know I am feeling excited
because there are clues:



Sometimes, my body sends me clues about my feelings.

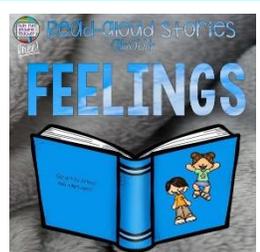
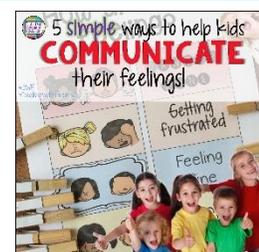
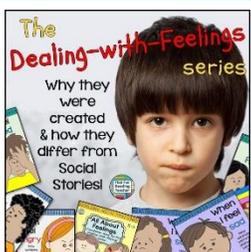
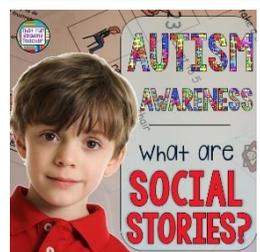


Draw arrows on one of these pictures to show clues that help you figure out how you are feeling.



of the clues to look for from

A D.W.F. line art storybook lesson - that students can customize themselves!



Thank you for your downloading the DWF sampler!

Please stay in touch!



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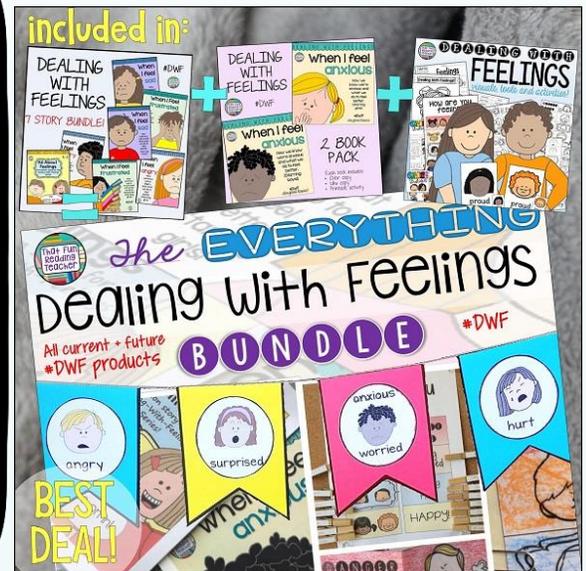
Best wishes ~ Ida Mae

About this free sampler:

I have written this sampler in the format of my [Dealing With Feelings: When I Feel _____ stories](#). I have more of these stories planned.

They will be available individually, and I will be adding them as *free updates* to [this bundle](#). I have packed this sampler with a number of the items included in the [D.W.F. Visuals and activities product](#). Please see the [blog posts](#) and [store links](#) that highlight others that I was unable to fit it!

Thank you!



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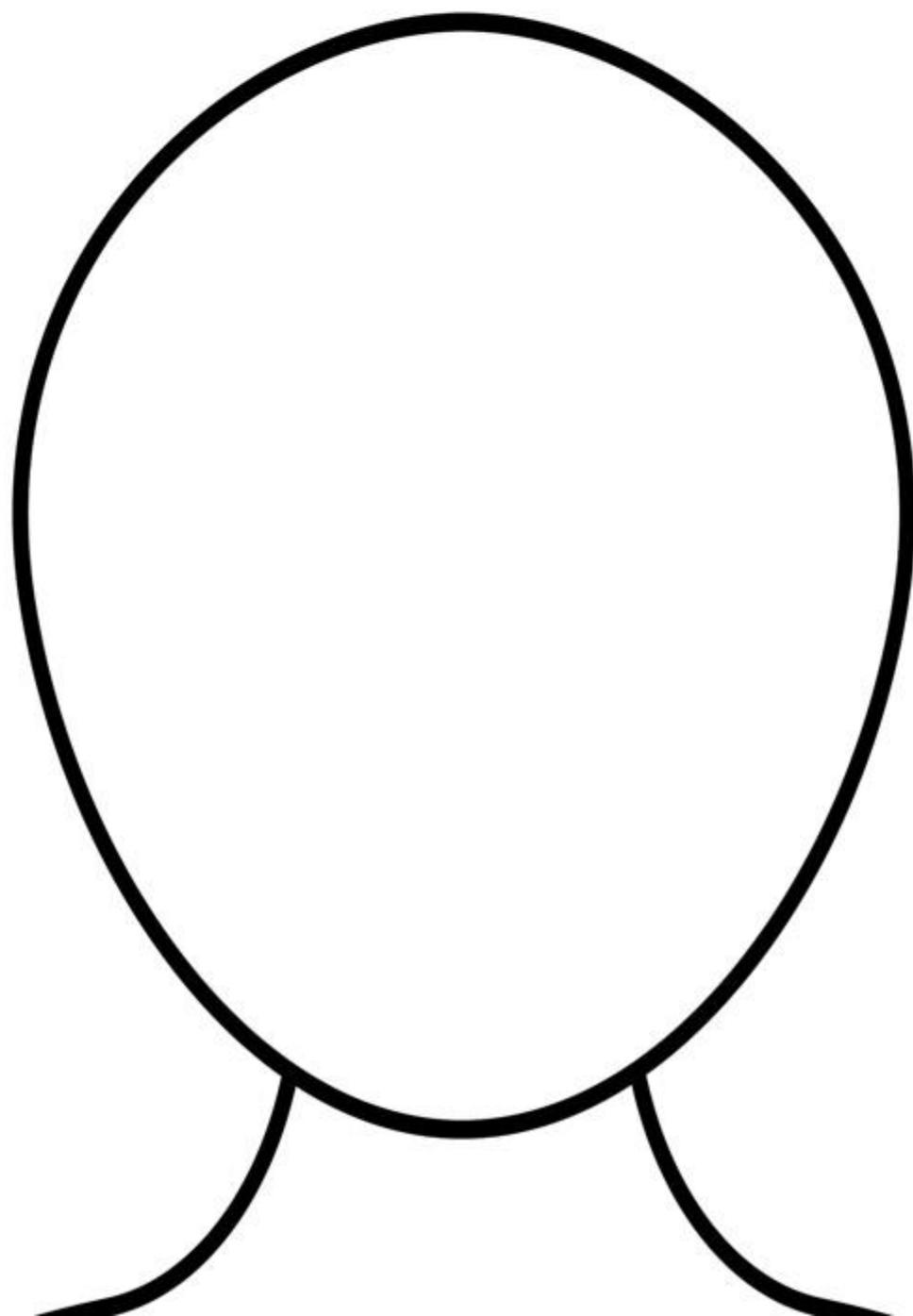
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When I feel



How
I know
I'm
feeling

and
what
I do
to
feel
better
(Starring
!)

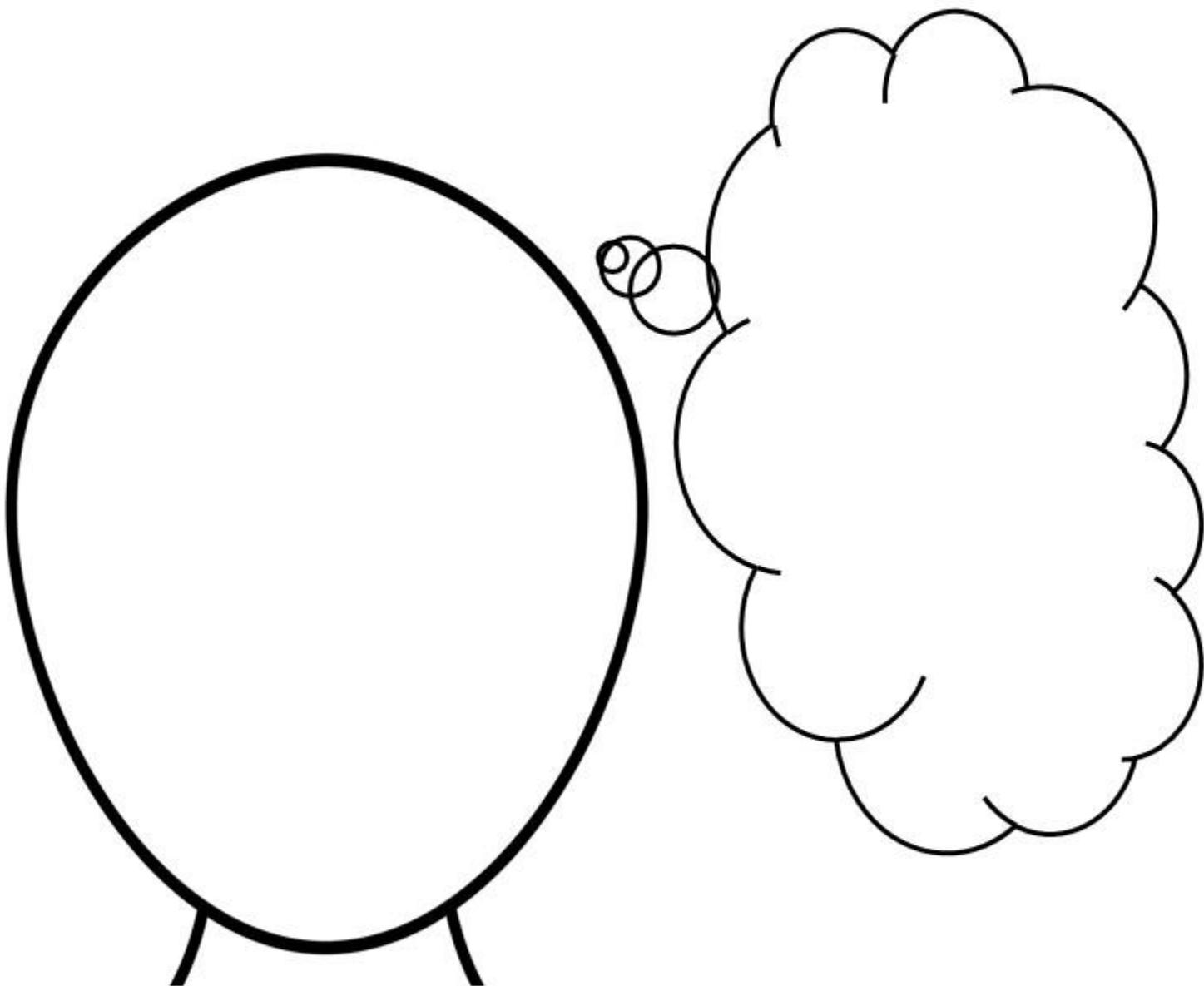
#DWF

Sometimes, when _____

What's the situation?

I feel _____ .

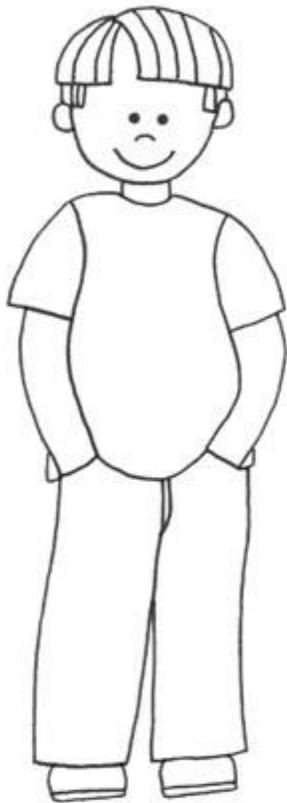
(Name or describe the feeling)



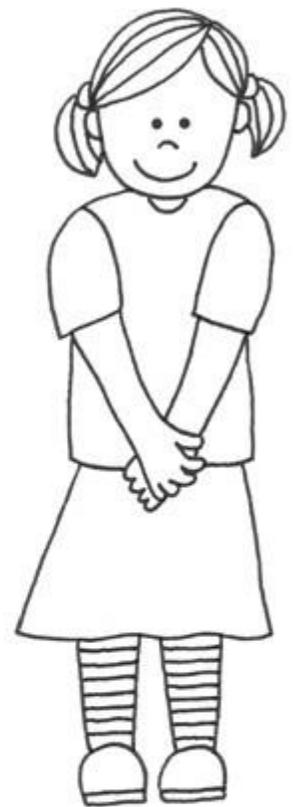
What are the thoughts during situations like these that will help child recognize s/he is feeling this way?

I know I am feeling _____

because there are clues:

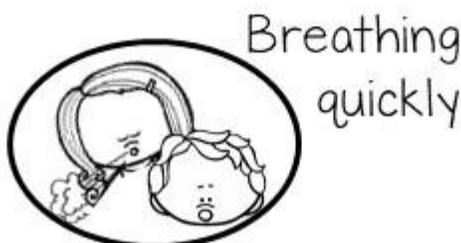
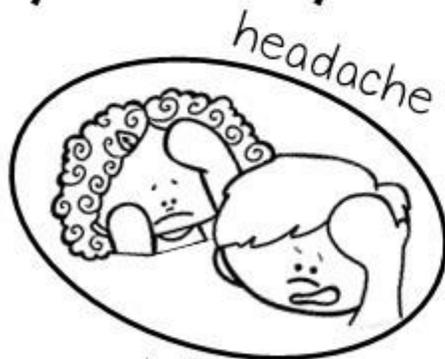


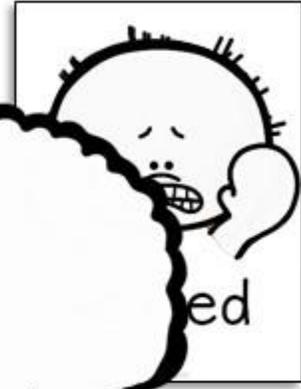
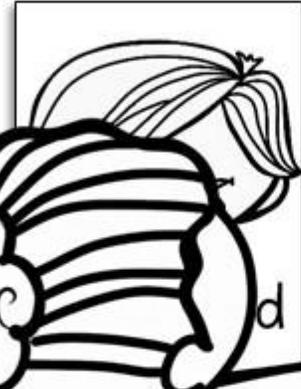
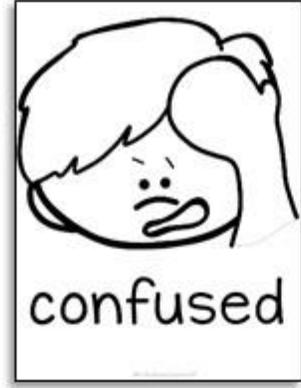
Sometimes, my
body sends me
clues about my
feelings.



Draw arrows on one of these
pictures to show clues that
help you figure out
how you are feeling.

Here are some of the clues to look for from
your body:





I can look at feelings pictures for clues. I might see something in them that shows the way I feel. I can let someone know by telling them, pointing to it, or writing about it.



It's okay to feel _____.

Everyone feels _____ sometimes.

When I feel this way, I can



what I am doing and taking a deep breath.

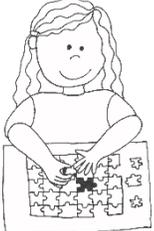


I might close my eyes for a moment.
I can think about the choices I have that
will help me feel calm.





I can choose to start over again.




I can draw a picture of something that makes me feel happy.





I can have a short cry to let my feelings out.



I can talk to a grown up about it.



I can gently rub my temples or rest my head in my arms. I can close my eyes and pretend I am somewhere else for a little while.




I can stretch my muscles.






I can...
Good choice

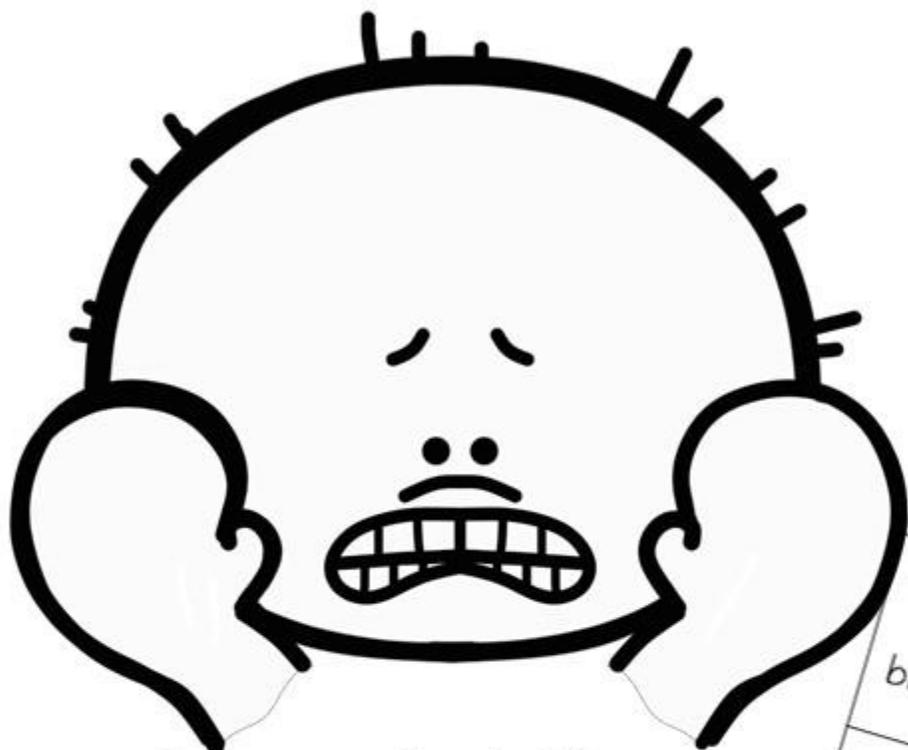


I can look at the choices wall, and think about what other kids have done when they were feeling this way. There are many stories, videos and pictures I can use to help me think about safe and appropriate choices.

I can decide which choice will work best for me when I need to!

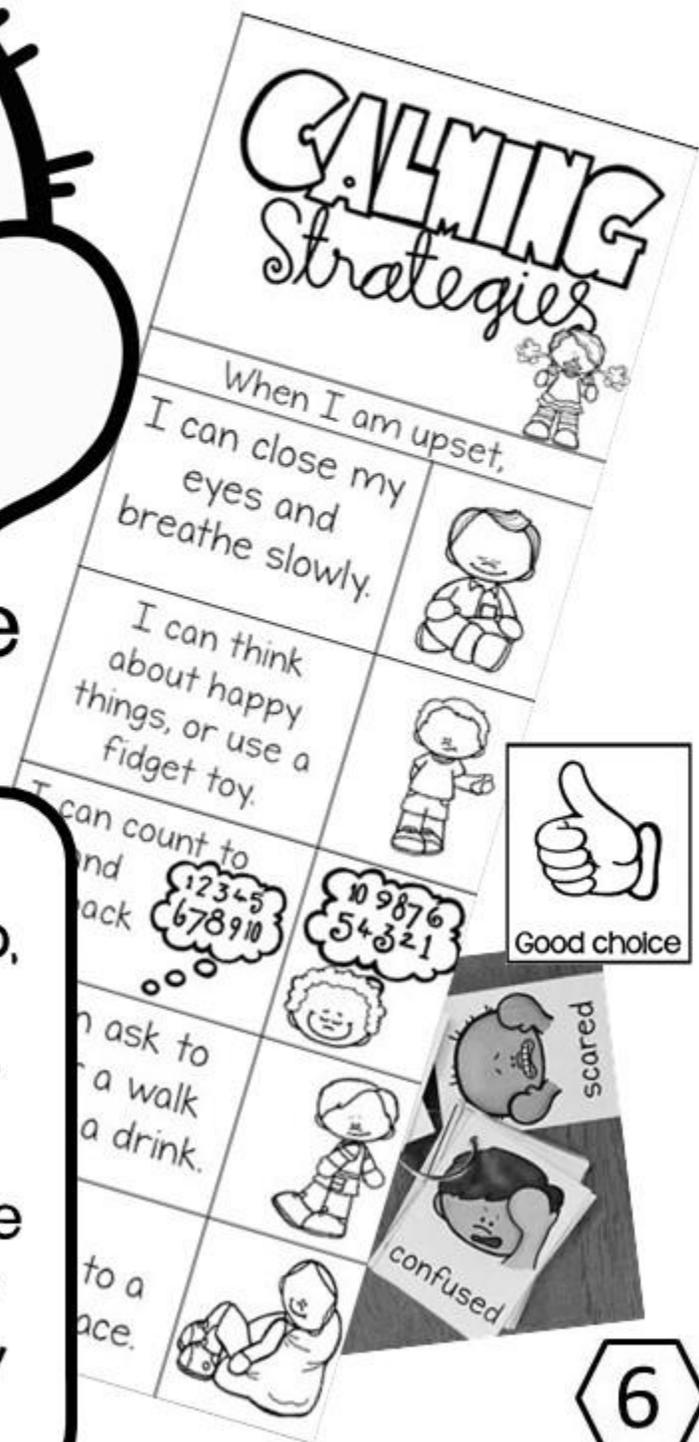
Wow!

There are a whole lot of choices,
and a whole lot of books!



How do I figure
it out?

There is
always help,
and many
things that
help calm
most people
when they
have tricky
feelings!





We start by talking about how we feel. We read stories, watch videos, and talk to others about feelings. We learn about what helps them deal with their tricky feelings.

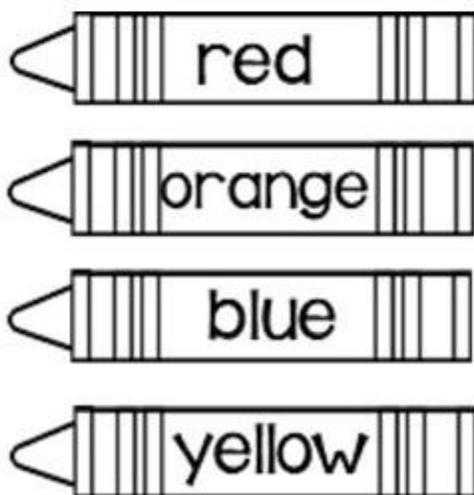


Remember this? We start here!



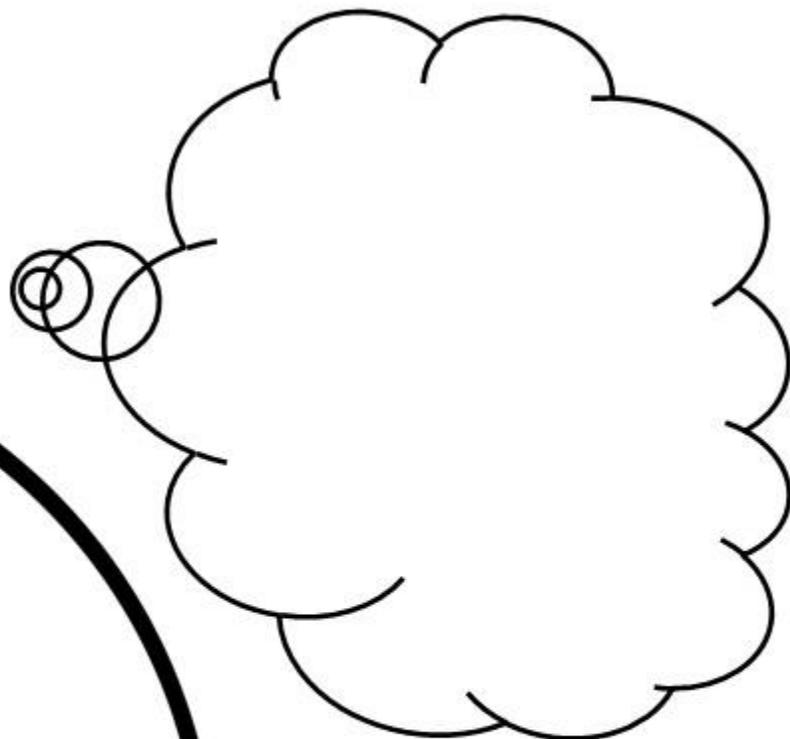
The important thing is that we communicate. That means we let others know how we are feeling, especially if we are upset.

I might put my clip on the class feelings scale to let my teachers and friends know how I feel, or what kind of mood I am in. . If I'm in the orange zone, that will be a clue, or signal to me and others that it is a good time to choose a calming activity!



If I have a small feelings scale, I can move the slider to show my mood. Color these scales to show the moods we can experience with our feelings.

When I feel _____ ,
I can take a deep breath, let someone know
how I feel, and think about the choices
I have that will help me feel more calm.



And, before you
know it, i will
feel better!

