

LEARNING ABOUT FEELINGS



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Grown-Up Guide

The goal of this activity guide is emotional awareness and communication — not stopping a feeling from happening.

All feelings are okay! Feelings tell us what our bodies need.

As you go through this book together, try to:

★ Name emotions without judgment

"It looks like you're feeling frustrated." — no "good" or "bad."

★ Ask questions

*"What does that **feeling** feel like in your body?"*

★ Listen

Give your child space to describe their experience, fully.

★ Validate feelings

"That makes sense." Feelings don't need to be fixed to be real.

★ Help choose safe responses

Together, explore what might help — not what "should."

My Feelings

Directions: Point to each color and say its name out loud!



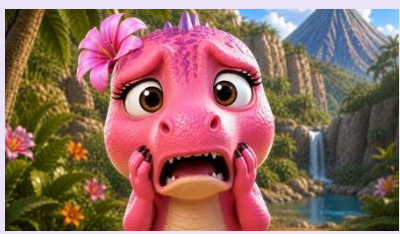
Happy



Sad



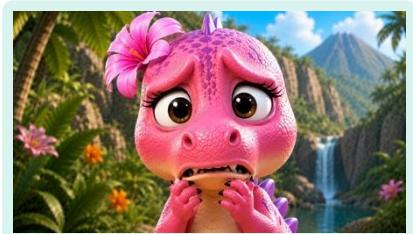
Angry



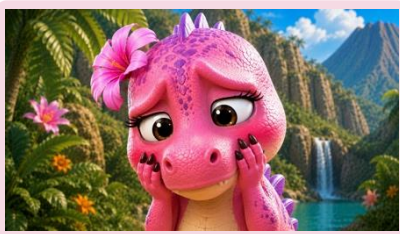
Scared



Excited



Worried



Embarrassed



Calm

This is Happy



My face might...

A big smile and bright, sparkly eyes.

My body might...

Light and bouncy, like I want to jump or dance.

I might feel this when...

- ★ When I get a hug from someone I love.
- ★ When I play my favorite game.
- ★ When something silly makes me laugh.

Can you make a happy face?

When have you felt happy?

Draw a time you felt happy:

This is Sad



My face might...

My mouth turns down and my eyes might feel wet.

My body might...

Heavy and slow, like I want to sit still or cuddle.

I might feel this when...

- ★ When I miss someone I love.
- ★ When a toy breaks.
- ★ When I have to say goodbye.

Can you make a sad face?

When have you felt sad?

Draw a time you felt sad:

This is Angry



My face might...

My eyebrows scrunch down and my mouth presses tight.

My body might...

Hot and tight, like my hands want to squeeze.

I might feel this when...

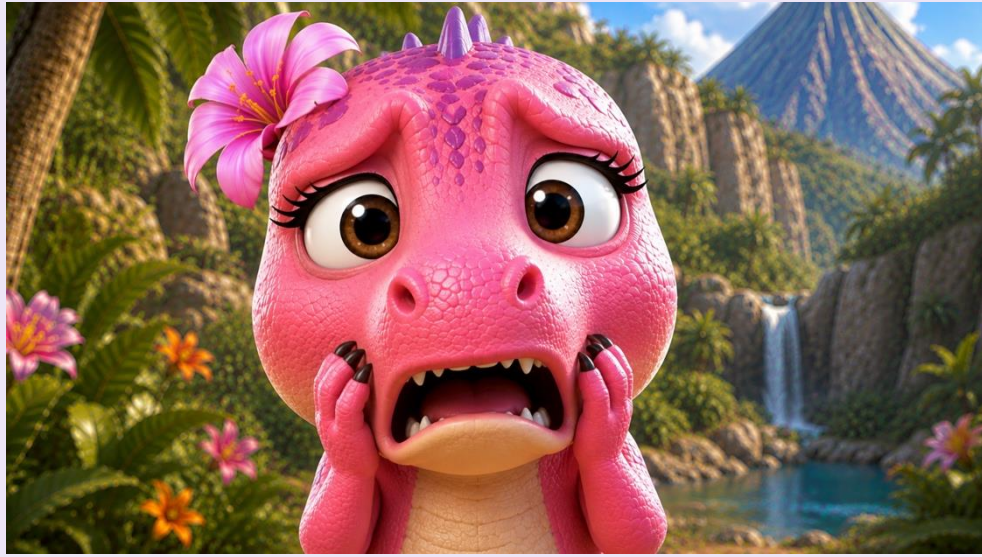
- ★ When something feels unfair.
- ★ When I can't do something I want to do.
- ★ When someone takes my toy.

Can you make an angry face?

When have you felt angry?

Draw a time you felt angry:

This is Scared



My face might...

My eyes open wide and my mouth might drop open.

My body might...

Jumpy and shaky, like my tummy flips.

I might feel this when...

- ★ When I hear a loud, sudden sound.
- ★ When it's dark and I'm alone.
- ★ When something surprises me.

Can you make a scared face?

When have you felt scared?

Draw a time you felt scared:

This is Excited



My face might...

My eyes light up and my smile is huge.

My body might...

Bouncy and buzzy, like I can't stay still.

I might feel this when...

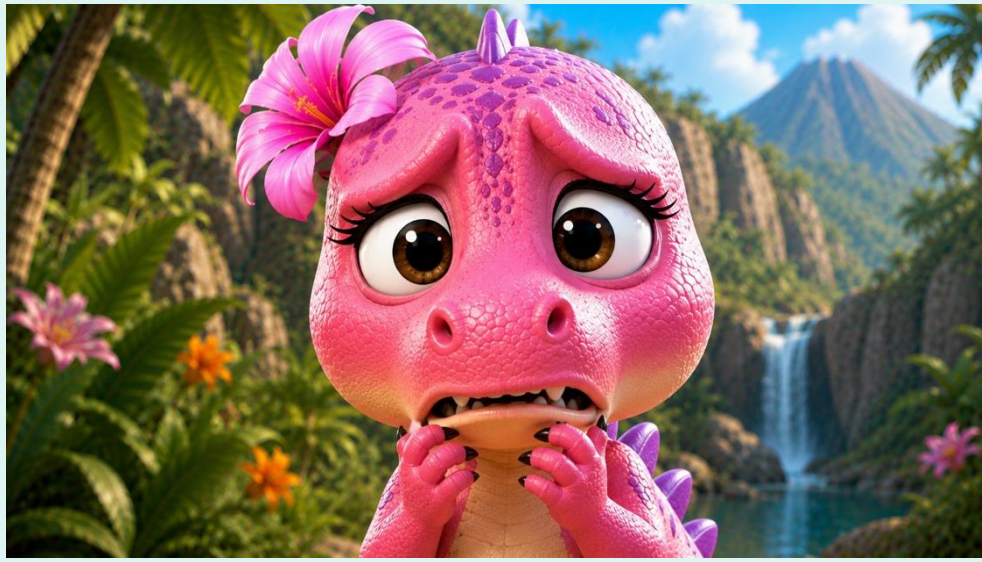
- ★ When I'm going somewhere fun.
- ★ When I get to see someone I love.
- ★ When it's almost my birthday.

Can you make an excited face?

When have you felt excited?

Draw a time you felt excited:

This is Worried



My face might...

My eyebrows scrunch and I might bite my lip.

My body might...

Fluttery, like butterflies in my tummy.

I might feel this when...

- ★ When I try something new.
- ★ When I'm not sure what happens next.
- ★ When someone I love feels sick.

Can you make a worried face?

When have you felt worried?

Draw a time you felt worried:

This is Embarrassed



My face might...

My cheeks might feel warm and I look down.

My body might...

Shy and small, like I want to hide a little.

I might feel this when...

- ★ When I trip in front of people.
- ★ When I make a mistake out loud.
- ★ When everyone looks at me at once.

Can you make an embarrassed face?

When have you felt embarrassed?

Draw a time you felt embarrassed:

A large, empty rectangular box with a pink border, intended for a child to draw a time they felt embarrassed.

This is Calm



My face might...

My eyes feel soft and my mouth relaxes.

My body might...

Still and light, like I can breathe easy.

I might feel this when...

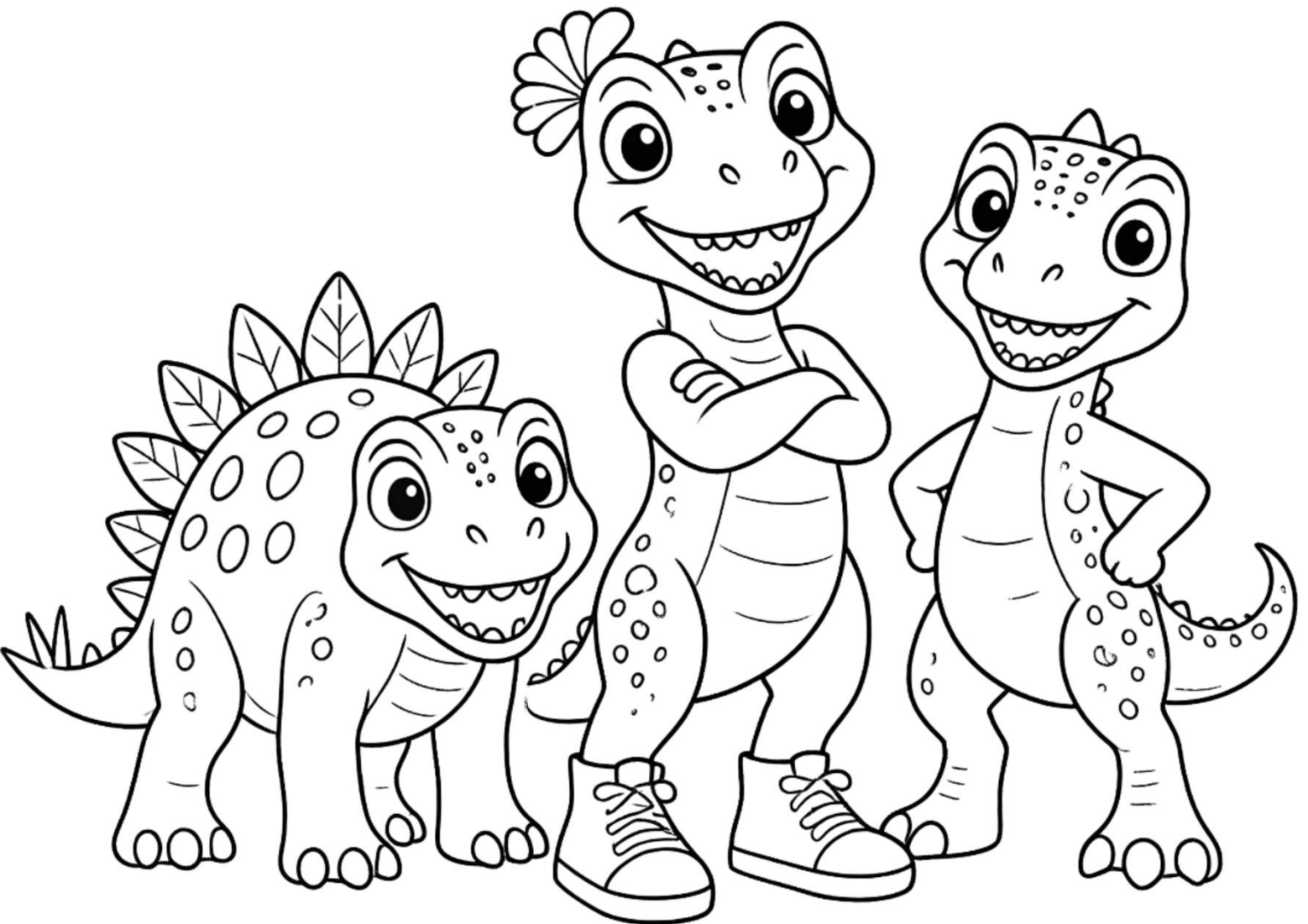
- ★ When I rest after playing.
- ★ When someone reads to me.
- ★ When I take slow, gentle breaths.

Can you make a calm face?

When have you felt calm?

Draw a time you felt calm:

ROAR.
STOMP.
REPEAT.

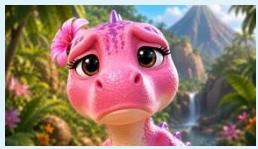


Match the Feeling

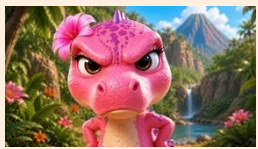
Directions: Draw a line from each face to the word that matches!



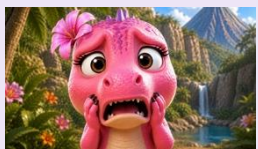
Worried



Angry



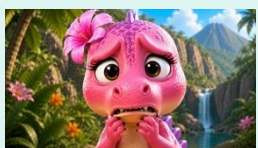
Embarrassed



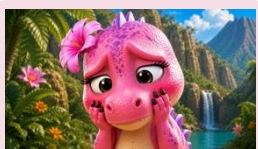
Happy



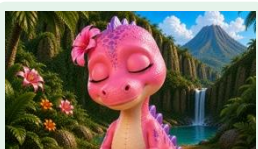
Calm



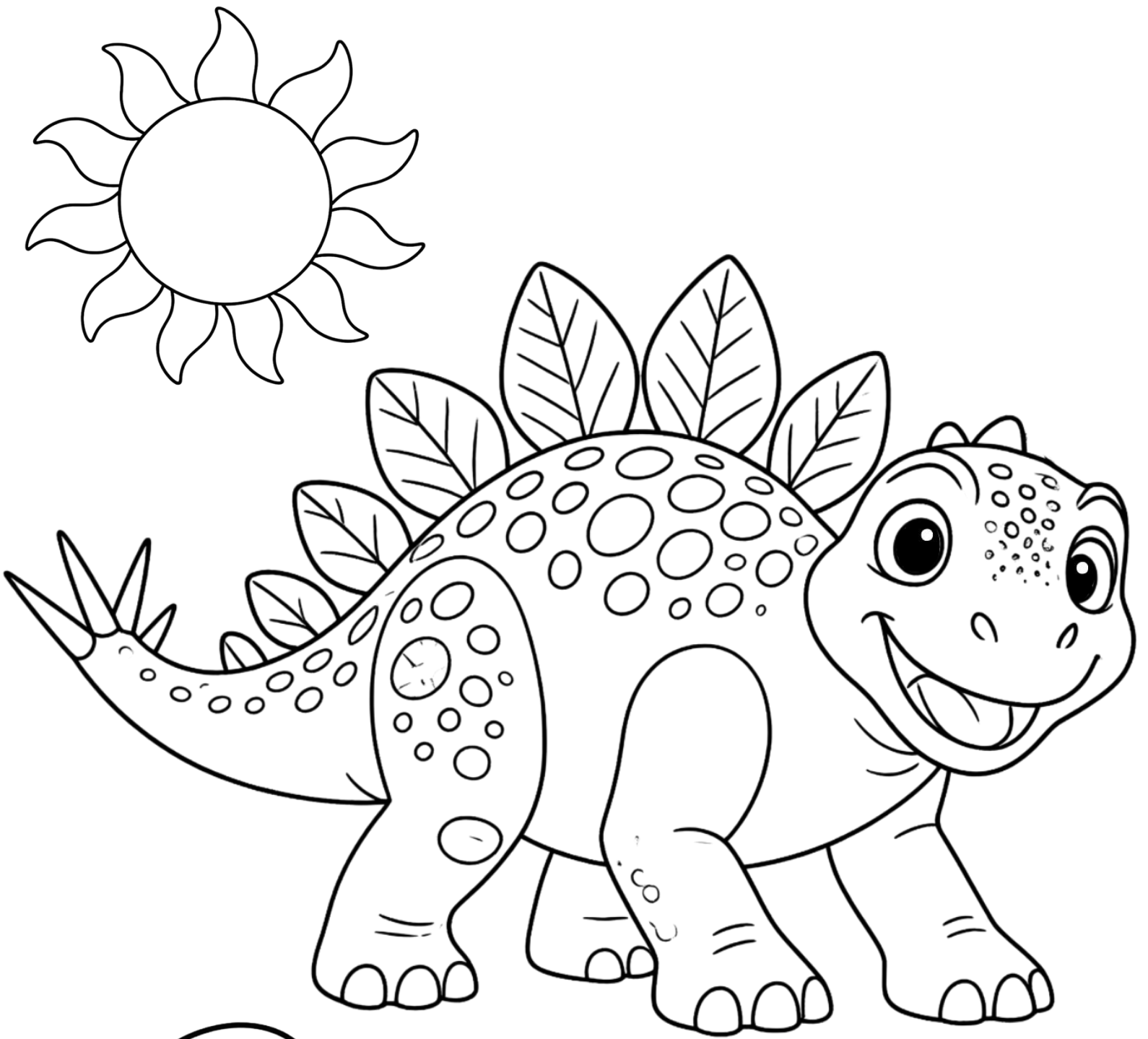
Scared



Sad



Excited



Sammy

How Is Cassie Feeling?

Directions: Circle how you think Cassie feels.



sad

angry

embarrassed



happy

excited

surprised



scared

worried

calm



scared

worried

sad



happy

embarrassed

excited



excited

worried

scared



How Do I Feel Today?

Directions: Circle how you feeling right now. You can circle more than one!



Happy



Sad



Angry



Scared



Excited



Worried



Embarrassed



Calm



Something Else

Where Do I Feel It?

Directions: Color the parts of Cassie's body where you notice feelings!

Head

Face

Hands

Heart / Chest

Tummy

Legs



What Could Help?

**Every feeling is okay. Here are some things that might help.
Different things work for different people!**

1

Breathe

Take slow calming breaths.

2

Hug

Ask for a hug from a friend.

3

Share

Talk to a grown up and share how you feel.

4

Quiet Time

Take a quiet break or listen to calming music.

5

Move

Move your body with some gentle stretching or take a walk.

6

Draw

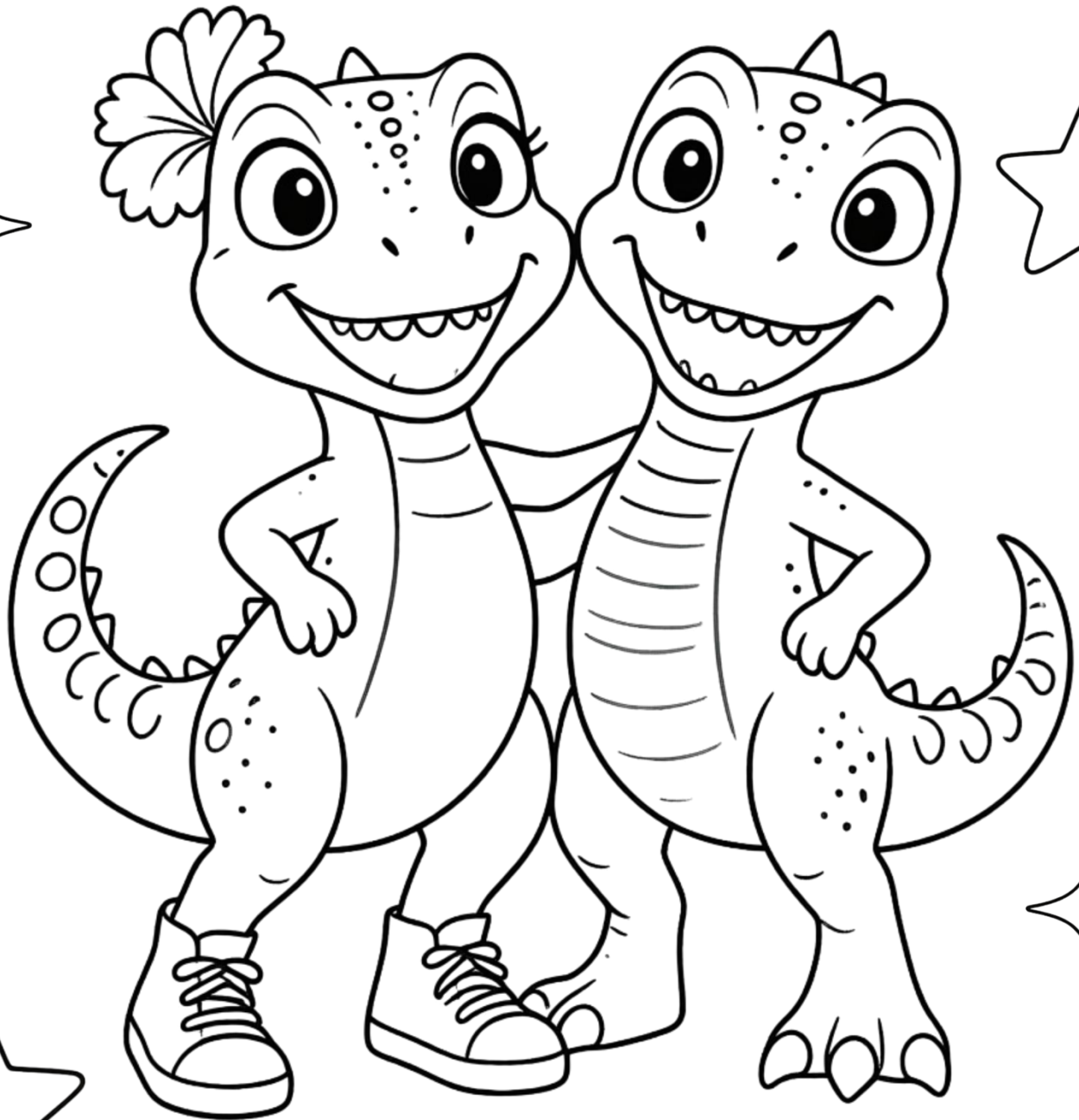
Draw or color a picture.

7

Ask for Help

Ask a friend or grown up for help.

FRIENDS FOREVER



Calming Breath Exercise

Directions: Use this simple breathing exercise to help feel calmer.

1

Smell the hot chocolate

Breathe in slowly through your nose for 4 seconds.

2

Stir the hot chocolate

Let your belly grow big and hold your breath for 4 seconds.

3

Blow on the hot chocolate

Slowly blow the air back out for 4 seconds.





What Can I Say?

Directions: Cut out these cards! They're words you can use to share how you feel.

"I feel sad."

"I need help."

"I need some space."

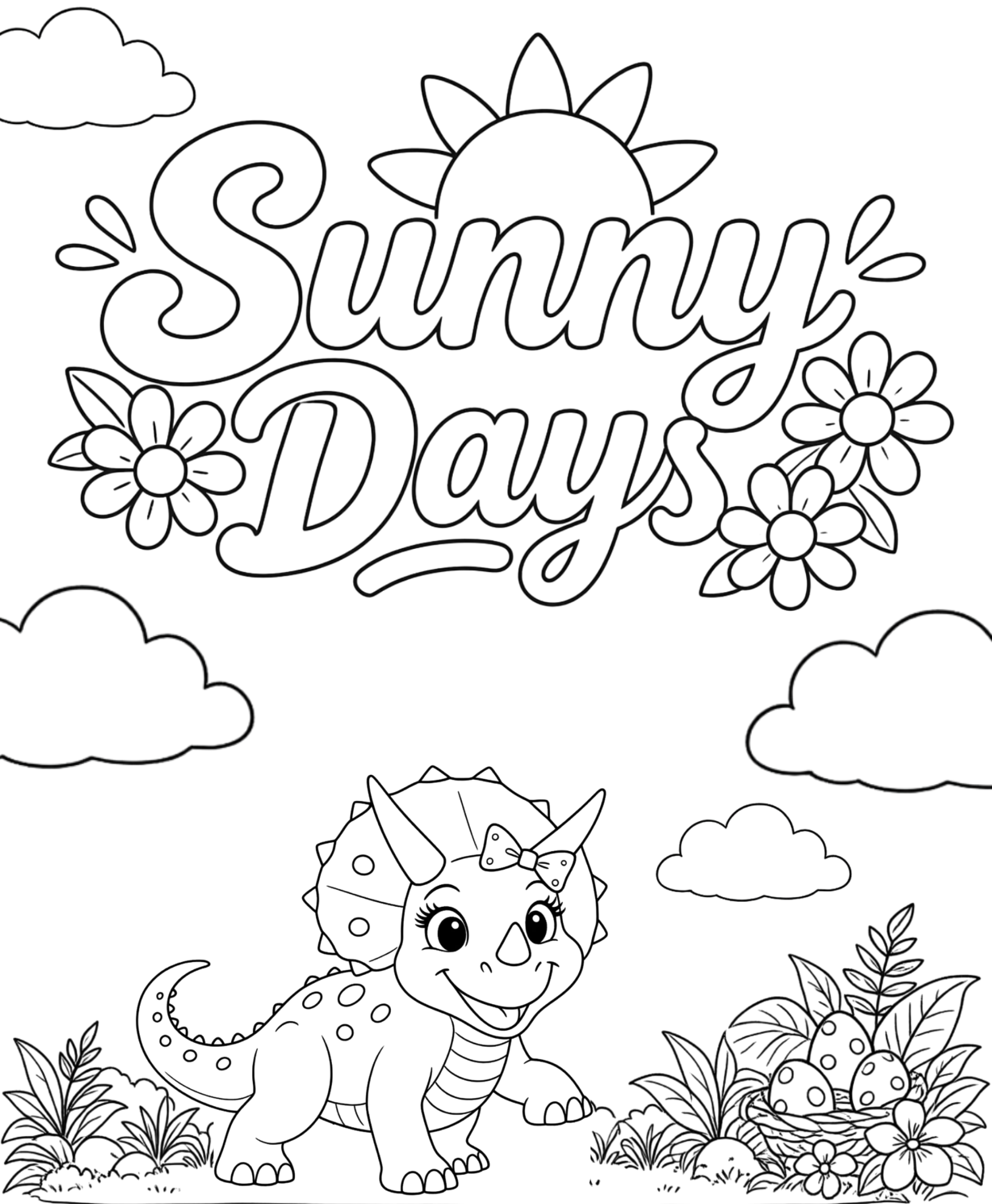
"Can I have a hug?"

"I'm worried."

"I don't like that."

"Can we try again?"

"I need a break."



Same Situation, Different Feelings

Directions: Different people can feel differently about the same thing. Draw a picture about how you would feel, then share your 'why' with your friend, classmate or grown up.

How do you think you might feel on your first day of school?



Excited



Worried



Scared





My Feelings Page



Directions: Draw something that made you feel...

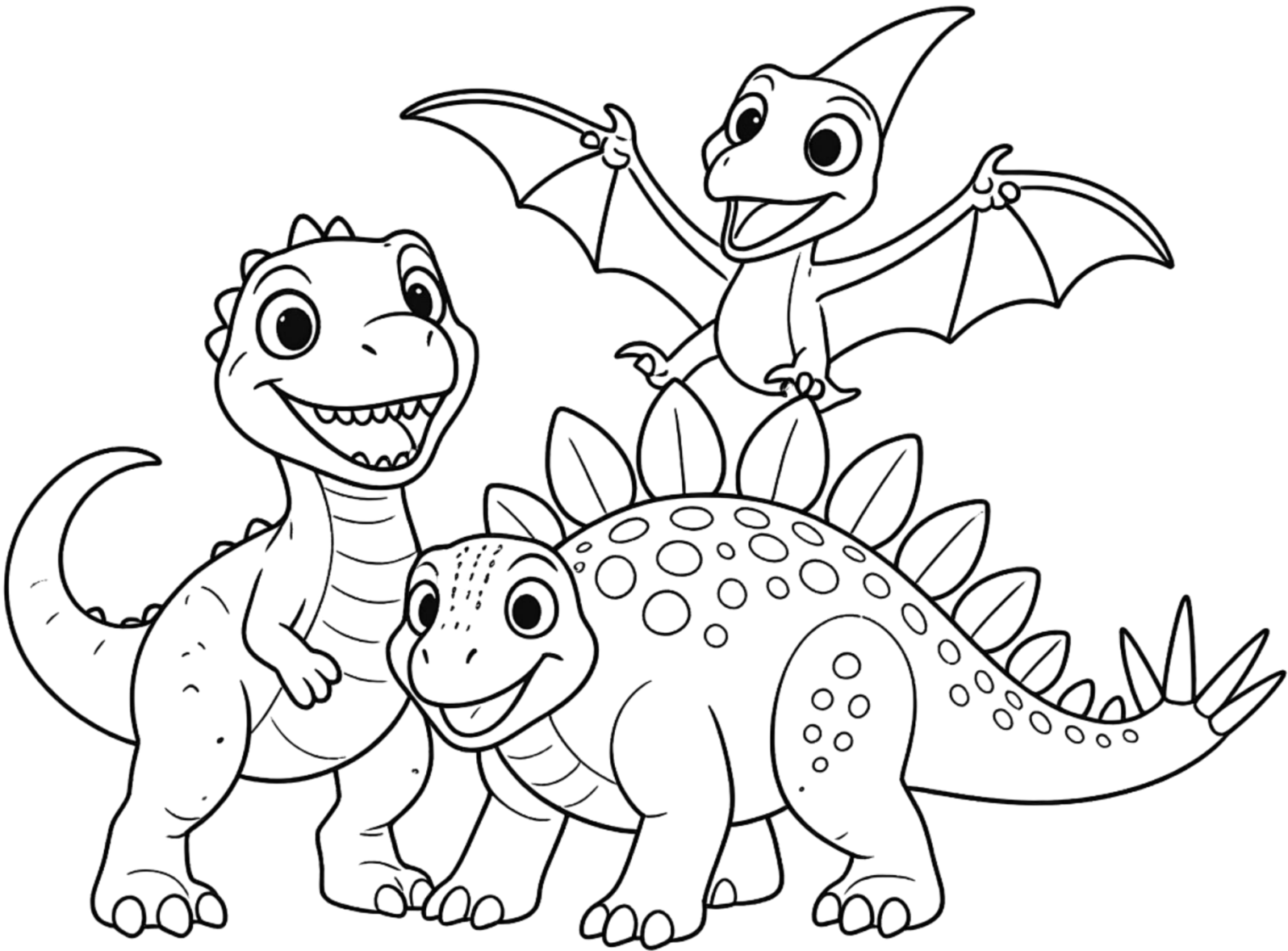
Happy

Embarrassed

Worried

Calm

STOMP INTO ADVENTURE!





Helping a Friend



Directions: You can help too! Your friend looks sad at recess. What could you do to help them?

1 Sit with them and help them with calming breaths.

2 Ask if they're okay or give them a hug.

3 Get a grown-up to help.

4 Invite them to play or draw.

5 Listen to them tell you how they feel.

BIG DREAMS. BIG ADVENTURES.





My Calm Corner

Directions: Design your own imaginary calm space. What would you put there?





Feelings Cards

Directions: Cut out these cards and use them to show or share how you feel.



Happy



Sad



Angry



Scared



Feelings Cards

Directions: Cut out these cards and use them to show or share how you feel.



Excited



Worried



Embarrassed



Calm

Feelings Explorer!

This certifies that

learned about BIG feelings with Cassie!



Cassie

Date

Signature



Want to keep learning?
Watch with Cassie!



Songs • Learning • Stories • Adventures



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@CassietheDinosaur-11



Learn
with
Cassie