

# A Book About My Feelings

## A Personalized Pre-Primer

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Permission is gladly granted for reproduction for educational, non-commercial purposes only, to help students learn about and deal with their feelings. Please do feel free to share for those purposes, including in the San Diego Unified School District's Restorative Toolkit!

### Potential use as a springboard for Classroom Circles:

A Book About My Feelings can be used to help prepare young students to participate in Classroom Circles dealing with feelings, which could include topics such as the following:

- \* Think about a time when you felt angry, and made good choices.
- \* ... when you felt sad --- or scared--- and someone helped you feel better.
- \* ... when you felt grateful. For what were you grateful?
- \* ... when you felt proud. About what were you feeling proud?
- \* ... when you felt peaceful. What did you do to share that peaceful feeling with someone else?

Of course, please do feel free to add additional pages to include even more vocabulary expansion with more feelings words!

### Format of this document:

\* 1 p. Book cover / Title page

\* 12 predictable text pages, for students to illustrate, and for Teacher or other adult to take dictation for emerging and/or beginning writers (Practice Pages below may be helpful):

e.g., This is me when I feel happy.

I feel happy when \_\_\_\_\_  
\_\_\_\_\_.

\* The 12 feelings included in the book:

\* happy \* sad \* scared \* angry \* excited \* embarrassed  
\* surprised \* confident \* frustrated \* grateful \* peaceful \* proud

\* 12 OPTIONAL "Practice pages"

- These pages are provided for teachers who want to see what the students are able to write independently, instead of them writing directly in their books. Then, an adult writes the student's response into the book itself.
- For students able to do so, this can also be a time-saver, since their decision-making is done prior to sitting with the adult.
- Teachers may choose to use only one or a few Practice Pages --- or all 12 :-)
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**This is me when I feel happy.**

**I feel happy when \_\_\_\_\_**

\_\_\_\_\_.

**This is me when I feel sad.**

**I feel sad when \_\_\_\_\_**

**\_\_\_\_\_**

**This is me when I feel scared.**

**I feel scared when \_\_\_\_\_**

**\_\_\_\_\_.**

**This is me when I feel angry.**

**I feel angry when \_\_\_\_\_**

\_\_\_\_\_.

**This is me when I feel excited.**

**I feel excited when \_\_\_\_\_**

**\_\_\_\_\_.**

**This is me when I feel embarrassed.**

**I feel embarrassed when \_\_\_\_\_**

\_\_\_\_\_.



**This is me when I feel surprised.**

**I feel surprised when \_\_\_\_\_**

**\_\_\_\_\_.**

**This is me when I feel confident.**

**I feel confident when \_\_\_\_\_**

\_\_\_\_\_.

**This is me when I feel frustrated.**

**I feel frustrated when \_\_\_\_\_**

\_\_\_\_\_.

**This is me when I feel grateful.**

**I feel grateful when \_\_\_\_\_**

\_\_\_\_\_.

**This is me when I feel peaceful.**

**I feel peaceful when \_\_\_\_\_**

**\_\_\_\_\_.**

**This is me when I feel proud.**

**I feel proud when \_\_\_\_\_**

**\_\_\_\_\_.**

Name: \_\_\_\_\_

# Practice Page

This is me when I feel happy.

I feel happy when \_\_\_\_\_

\_\_\_\_\_

**Name:** \_\_\_\_\_

# **Practice Page**

**This is me when I feel sad.**

**I feel sad when** \_\_\_\_\_

\_\_\_\_\_.



**Name:** \_\_\_\_\_

# **Practice Page**

**This is me when I feel scared.**

**I feel scared when** \_\_\_\_\_

\_\_\_\_\_

Name: \_\_\_\_\_

# Practice Page

**This is me when I feel angry.**

**I feel angry when \_\_\_\_\_**

\_\_\_\_\_.

**Name:** \_\_\_\_\_

# **Practice Page**

**This is me when I feel excited.**

**I feel excited when** \_\_\_\_\_  
\_\_\_\_\_.

**Name:** \_\_\_\_\_

## **Practice Page**

**This is me when I feel embarrassed.**

**I feel embarrassed when** \_\_\_\_\_

\_\_\_\_\_.

**Name:** \_\_\_\_\_

## **Practice Page**

**This is me when I feel surprised.**

**I feel surprised when** \_\_\_\_\_

\_\_\_\_\_.

**Name:** \_\_\_\_\_

# **Practice Page**

**This is me when I feel confident.**

**I feel confident when** \_\_\_\_\_

\_\_\_\_\_.



**Name:** \_\_\_\_\_

# **Practice Page**

**This is me when I feel frustrated.**

**I feel frustrated when** \_\_\_\_\_

\_\_\_\_\_.



**Name:** \_\_\_\_\_

# **Practice Page**

**This is me when I feel grateful.**

**I feel grateful when** \_\_\_\_\_

\_\_\_\_\_

**Name:** \_\_\_\_\_

# **Practice Page**

**This is me when I feel peaceful.**

**I feel peaceful when** \_\_\_\_\_

\_\_\_\_\_.

Name: \_\_\_\_\_

## Practice Page

This is me when I feel proud.

I feel proud when \_\_\_\_\_

\_\_\_\_\_.

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**I feel happy when \_\_\_\_\_**

\_\_\_\_\_.

**This is me when I feel sad.**

**I feel sad when \_\_\_\_\_**

**\_\_\_\_\_**

**This is me when I feel scared.**

**I feel scared when \_\_\_\_\_**

**\_\_\_\_\_.**



**This is me when I feel angry.**

**I feel angry when \_\_\_\_\_**

\_\_\_\_\_.

**This is me when I feel excited.**

**I feel excited when \_\_\_\_\_**

**\_\_\_\_\_.**

**This is me when I feel embarrassed.**

**I feel embarrassed when \_\_\_\_\_**

\_\_\_\_\_.

**This is me when I feel surprised.**

**I feel surprised when \_\_\_\_\_**

**\_\_\_\_\_.**

**This is me when I feel confident.**

**I feel confident when \_\_\_\_\_**

\_\_\_\_\_.

**This is me when I feel frustrated.**

**I feel frustrated when \_\_\_\_\_**

\_\_\_\_\_.

**This is me when I feel grateful.**

**I feel grateful when \_\_\_\_\_**

\_\_\_\_\_.

**This is me when I feel peaceful.**

**I feel peaceful when \_\_\_\_\_**

**\_\_\_\_\_.**



**This is me when I feel proud.**

**I feel proud when \_\_\_\_\_**

**\_\_\_\_\_**

Name: \_\_\_\_\_

# Practice Page

This is me when I feel happy.

I feel happy when \_\_\_\_\_

\_\_\_\_\_

**Name:** \_\_\_\_\_

# **Practice Page**

**This is me when I feel sad.**

**I feel sad when** \_\_\_\_\_

\_\_\_\_\_.

**Name:** \_\_\_\_\_

# **Practice Page**

**This is me when I feel scared.**

**I feel scared when** \_\_\_\_\_

\_\_\_\_\_

Name: \_\_\_\_\_

# Practice Page

This is me when I feel angry.  
I feel angry when \_\_\_\_\_

\_\_\_\_\_

**Name:** \_\_\_\_\_

# **Practice Page**

**This is me when I feel excited.**

**I feel excited when** \_\_\_\_\_  
\_\_\_\_\_.

**Name:** \_\_\_\_\_

## **Practice Page**

**This is me when I feel embarrassed.**

**I feel embarrassed when** \_\_\_\_\_

\_\_\_\_\_.

**Name:** \_\_\_\_\_

## **Practice Page**

**This is me when I feel surprised.**

**I feel surprised when** \_\_\_\_\_

\_\_\_\_\_.



**Name:** \_\_\_\_\_

# **Practice Page**

**This is me when I feel confident.**

**I feel confident when** \_\_\_\_\_

\_\_\_\_\_.



**Name:** \_\_\_\_\_

# **Practice Page**

**This is me when I feel frustrated.**

**I feel frustrated when** \_\_\_\_\_

\_\_\_\_\_.

**Name:** \_\_\_\_\_

# **Practice Page**

**This is me when I feel grateful.**

**I feel grateful when** \_\_\_\_\_

\_\_\_\_\_

**Name:** \_\_\_\_\_

# **Practice Page**

**This is me when I feel peaceful.**

**I feel peaceful when** \_\_\_\_\_

\_\_\_\_\_.

Name: \_\_\_\_\_

## Practice Page

This is me when I feel proud.

I feel proud when \_\_\_\_\_

\_\_\_\_\_