

A Book About My Feelings

A Personalized Pre-Primer

by Linda K. Williams

Permission is gladly granted to help students learn about their feelings by reproducing and/or sharing any part of this document for educational, non-commercial purposes only.

Potential use as a springboard for Classroom Circles:

A Book About My Feelings can be used to help prepare 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 the following pages of this document:

* **1 p. Book cover / Title page**

* **12 predictable text pages**, 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"**

- For use when teachers want to see what the students are able to write independently; then an adult transcribes their "filling in the blank" 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 :-)
- OPTION: Teachers may actually want to pick and choose to use a few Practice Pages INSTEAD of giving students the entire book!

Many more no-cost resources to promote dealing with feelings -- including songs -- are available at this link:
[CaringandCapableKids.com](https://caringandcapablekids.com) <https://caringandcapablekids.com/>

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CaringandCapableKids.com

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 _____

_____.