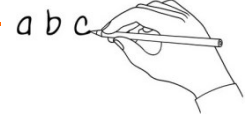




Angry, sad and mad

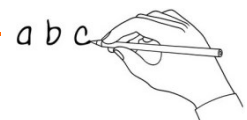


1. What's the word?

Write the word under the pictures.

happy	angry	count to ten	sad
cry	laugh	a hug	a grown-up

	happy		

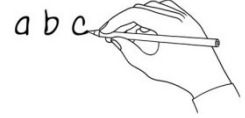


2. Fill it in!

Watch the video. Complete the sentences.

cry	breaths	a hug	count	a grown-up	better
-----	---------	-------	-------	------------	--------

- When you feel angry, you can take deep breaths.
- When you're angry, you can _____ to ten.
- When you're sad, sometimes you _____.
- When you're sad, you feel _____ if you laugh.
- When you're feeling sad, you can ask someone for _____.
- When you're sad, you can ask _____ to help you.



3. What's the order?

Watch the video. Put the words in the correct order.

a. very We're feeling happy.

We're feeling very happy.

b. happy. Sometimes don't feel I

c. OK? you Are

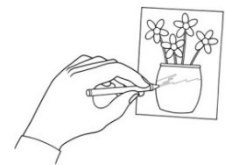
d. feel I great!

e. better. feel I

f. feeling I'm sad.

4. Write and draw!

What do you do to feel better when you're feeling angry or sad? Write about it and draw a picture!



.....

.....

.....

.....

.....

.....