

# I Can Say How I Feel!



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Sometimes, I feel something inside.  
It might be big.  
It might be small.  
But it's always okay to feel it.



When I feel **mad**, my face feels hot and my hands  
get tight.  
Instead of yelling or hitting, I can say,  
**“I feel mad!”**





When I feel **sad**, my eyes get watery and my body  
feels slow.  
Instead of crying a long time or throwing things, I  
can say,  
**“I feel sad.”**



When I feel **happy**, I smile and want to laugh!  
I can say,  
**“I feel happy!”**  
And maybe even share a hug or a high-five!



When I feel **scared**, I might want to hide or cry.  
Instead of running away, I can say,  
“**I feel scared.**”  
Then a grown-up can help me.





Feelings are not bad.  
Feelings are just feelings.  
And I can learn to say them with words!



When I use my words, people understand me.  
When people understand me, they can help me.  
And that feels really good.





I'm learning everyday.  
And I'm getting really good at saying how I feel!

