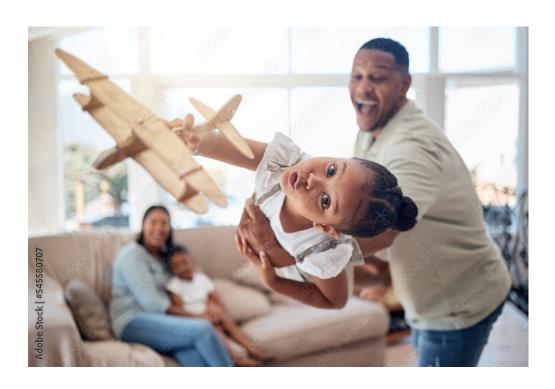
I Can Say How I Feel!



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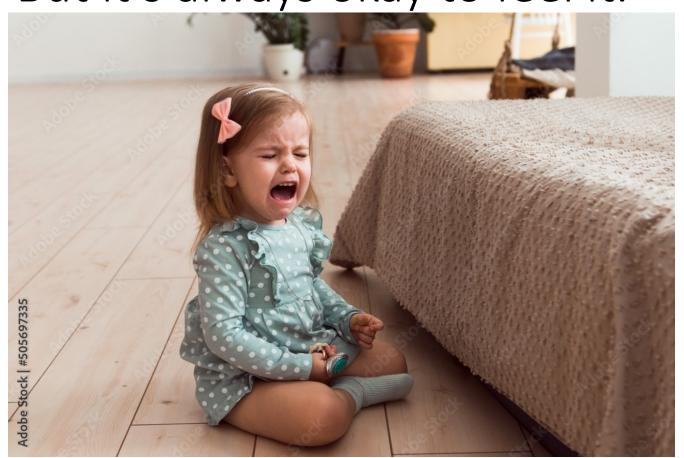
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Sometimes, I feel something inside.

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!

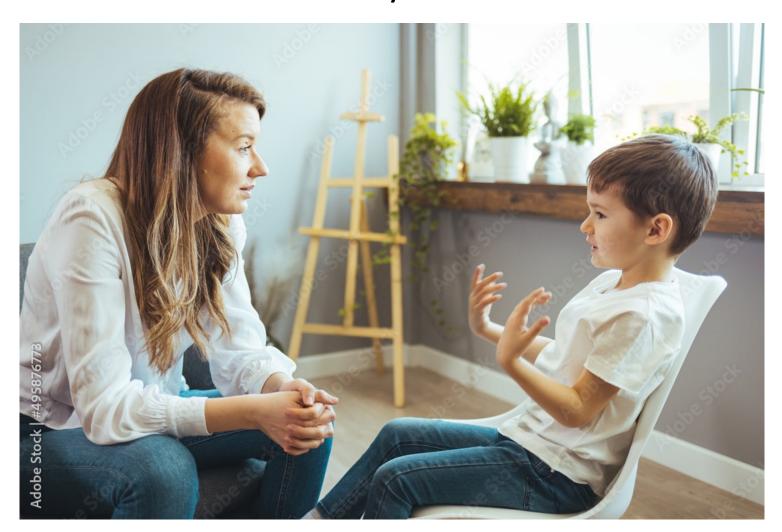


When I feel scared, I might want to hide or cry.
Instead of running away, I can say,
"I feel scared."

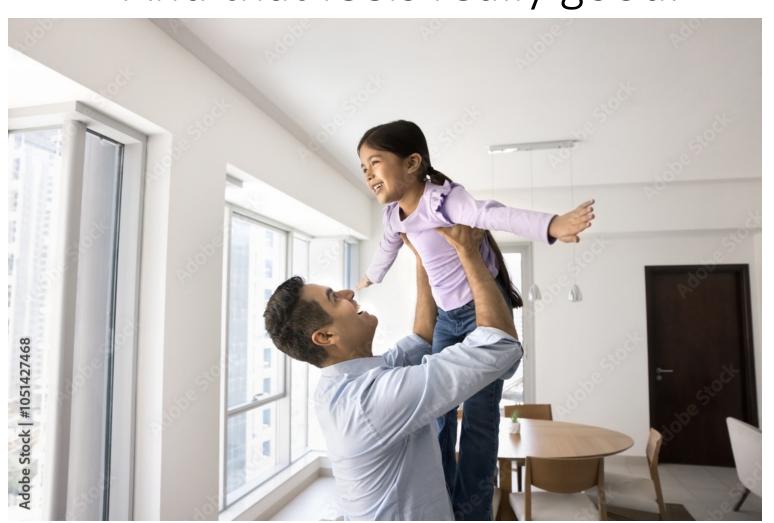
Then a grown-up can help me.



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!

