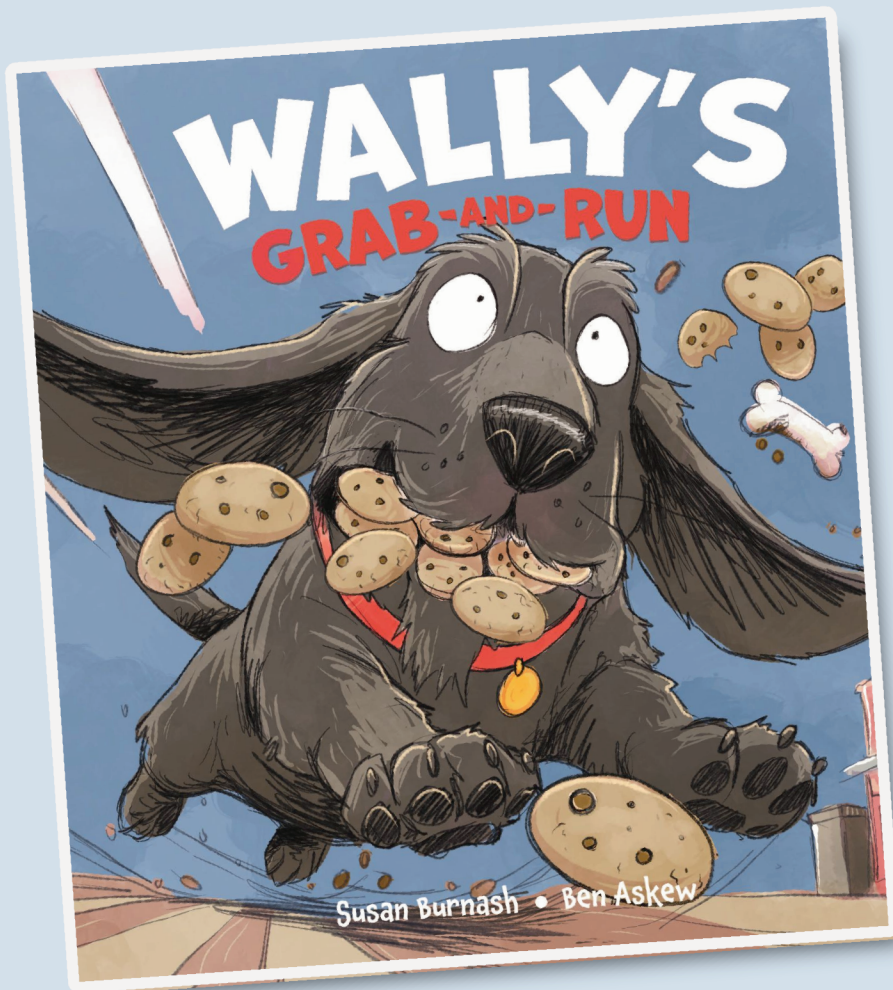


Wally's Big Feelings SEL Activity Pack

Helping Kids Understand Emotions, Use Feeling Words, and Make Safe Choices
(Aligned for Grades K-3)



Based on the Book *Wally's Grab and Run*
by Susan Burnash and Ben Askew

Perfect for:
SEL Lessons and Classroom Read-Aloud,
Counseling and Small Groups

Wally's Big Feelings SEL Activity Pack

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Wally's Big Feelings Activity Pack

SEL Aligned Classroom Resource for Grades K-3

Educators Overview

This activity packet is designed to be used with Wally's Grab and Run to support Social-Emotional Learning (SEL) in students in grades K-3.

Through Wally's story, students explore BIG feelings, how those feelings show up in the body, and how they can use words and safe choices instead of reacting in unhelpful ways.



Learning Objectives

Students will:

- Identify and name a variety of emotions
- Recognize how feelings can affect behavior
- Connect physical body responses to emotions
- Practice using words to express feelings
- Identify and apply safe, positive coping strategies

CASEL Core Competency Alignment

Self-Awareness

- Identify emotions such as anxious, nervous, scared, and frustrated
- Recognize body signals (e.g., shaking, trembling, stomach rumbling, etc.)

Self-Management

- Practice strategies such as deep breathing, asking for help, and taking breaks
- Learn alternatives to impulsive reactions (e.g., running away or shutting down)

Social Awareness

- Develop empathy by understanding Wally's experiences
- Recognize that others may feel differently in the same situation

Relationship Skills

- Practice using words to communicate feelings
- Identify trusted adults and peers for support

Responsible Decision-Making

- Make safe and respectful choices when experiencing strong emotions
- Understand how actions impact themselves and others

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How to Use This Packet

1. Read Wally's Grab and Run aloud to the class
2. Pause during key moments to discuss Wally's feelings and reactions
3. Use the activities to reinforce understanding of emotions and choices
4. Encourage students to make personal connections to their own experiences
5. Revisit strategies regularly to build consistency and confidence

Discussion Questions

- What feelings did Wally have in the story?
- How did Wally's body show his feelings?
- What did Wally do when his feelings got too big?
- Why didn't Wally use words?
- What could Wally do instead?
- What can we do when we have BIG feelings?

Skills Reinforced in This Packet

- Emotion identification
- Self-regulation strategies
- Verbal communication of feelings
- Cause-and-effect thinking
- Empathy and perspective-taking

Quick Check for Understanding

Students can:

- ✓ Name at least one emotion
- ✓ Describe a body signal connected to that emotion
- ✓ Identify a safe and positive strategy for handling that feeling

♥ Teacher Tip ♥

Many students, like Wally, may not yet have the words to describe their feelings. Providing consistent opportunities to practice naming emotions and choosing safe responses helps build confidence and emotional regulation over time.

Meet the Author Susan Burnash

About Me

Hi, Kids!

I wrote Wally's Grab and Run to help kids like you understand BIG feelings.

Wally didn't know the words to say how he felt...so he ran away and hid.

If he had, he might have felt safer and more confident—and that's what I want for you!

Let's learn how to name our feelings together and find positive ways to react when we have them.

I'm so glad you're here learning with me! 😊

Susan

Let's Have Fun!

You can join the Yoda Kids Book Club with me to keep the fun going.

I'll send you:

📖 Stories • 🎨 Activities • 🎮 Games

Be sure to ask a grown-up to help you join on my website:
www.yodabooks.com



My Favorite Things

Talking to my dog Yoda. (I think he totally understands me!)

Playing video games (and trying to beat my high score!)

Making pictures with dots, colors, and lots of imagination

Playing dress-up and trying on silly outfits

Baking cookies (and eating them!)

Reading my favorite books again ...and again...and again

Laughing at silly jokes

Having a full-on dance party in my kitchen!

After Reading the Story

(Grade K - 1)

About Wally's Grab and Run

Wally is a dog with BIG feelings. Sometimes he feels **scared**, **nervous**, **angry**, and **confused**, but he keeps those feelings inside.

When Wally's feelings get too big, his body reacts first.

Sometimes he freezes or feels stuck. Other times, he grabs food, runs away, or hides.

Wally doesn't know how to use words to tell others how he feels. This makes it hard for people to help him.

Because of this, Wally can feel alone, angry, and scared, and it is hard for him to trust people.

But Wally begins to learn something important...

👉 With help from people who want him to feel safe, Wally can learn to trust again.

Wally is a dog, but his feelings are just like ours!



💬 Think About It

- How did Wally feel?
- What did Wally's body do?
- Did Wally ever freeze or feel stuck?
- What did Wally do when his feelings got too big?



👉 What could Wally have done instead?

🎯 Wally and You

Just like Wally:

- I have BIG feelings
- My body might freeze or react first
- I may not always have the right words right away

But I can learn and grow...

- I can learn words for my feelings
- I can ask for help
- I can make safe choices

Wally's Big Feelings SEL Activity Pack for Wally's Grab and Run
Picture book by Susan Burnash and Ben Akew

After Reading the Story

(Grade 2-3)



About Wally's Grab and Run

Wally is a dog with BIG feelings. Sometimes he feels scared, nervous, angry, and confused, but he keeps those feelings inside.

When Wally's feelings become too big, his body reacts first.

Sometimes he freezes or feels stuck and doesn't know what to do. Other times, he grabs food, runs away, or hides.

Because Wally doesn't know how to use words to share his feelings, it can be hard for people to help him. This can make Wally feel alone, angry, and scared, and he begins to feel like he can't trust people.

But as Wally's story continues, he begins to learn something important...

✦ With help from people who want him to feel safe, Wally can learn to trust again.

Wally may be a dog, but his feelings and experiences are similar to those we have in real life.

Think About It

- What feelings did Wally experience?
- How did his body show those feelings?
- Did Wally ever freeze or feel stuck?
- What actions did Wally take when his feelings got too big?



✦ What could Wally have done instead?

Wally and You

Just like Wally:

- ✦ We all have BIG feelings
- ✦ Sometimes our bodies react or even freeze before we use words
- ✦ We may not always have the right words right away

But we can learn and grow...

- ✦ We can learn words to describe our feelings
- ✦ We can ask for help from someone we trust
- ✦ We can make safe and helpful choices




Wally's Big Feelings SEL Activity Pack for Wally's Grab and Run
Picture book by Susan Burnash and Ben Akew

UNDERSTANDING BIG FEELINGS (SEL)

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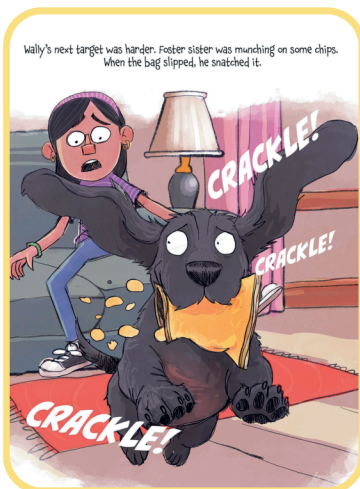


After Wally grabbed the cracker and the baby started crying...




-  **How did he react?**
He froze and held his breath.
-  **How did he feel?**
He felt JITTERY and ANXIOUS.
-  **What did he do?**
He ran away and hid.

👉 If I feel JITTERY or ANXIOUS, I can

- ✓ Take deep breaths
- ✓ Sit quietly for a moment
- ✓ Say, "I feel anxious"
- ✓ Hug something soft
- ✓ Hold someone's hand I trust



After Wally grabbed the bag of chips from the floor...

-  **How did he react?**
His body quivered and quaked.
-  **How did he feel?**
He felt JUMPY and NERVOUS.
-  **What did he do?**
He ran away and hid.

👉 If I feel JUMPY or NERVOUS, I can...

- ✓ Take deep breaths
- ✓ Talk to someone I trust
- ✓ Say, "I feel worried"
- ✓ Sit quietly for a moment
- ✓ Hug something soft

UNDERSTANDING BIG FEELINGS (SEL)

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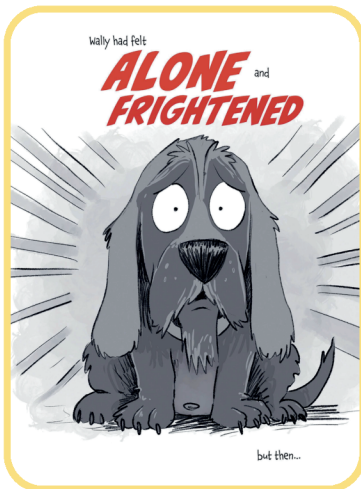


After Wally grabbed the plate of cookies off the desk...

- How did he react?**
His body shuddered and he shook.
- How did he feel?**
He felt SCARED and SUSPICIOUS.
- What did he do?**
He ran away and hid.

👉 If I feel SCARED or SUSPICIOUS, I can...

- ✓ Talk to someone I trust.
- ✓ Stay close to someone I trust.
- ✓ Say, "I feel scared"
- ✓ Go to a safe place
- ✓ Hold someone's hand I trust.



When Wally went for a ride without his family...

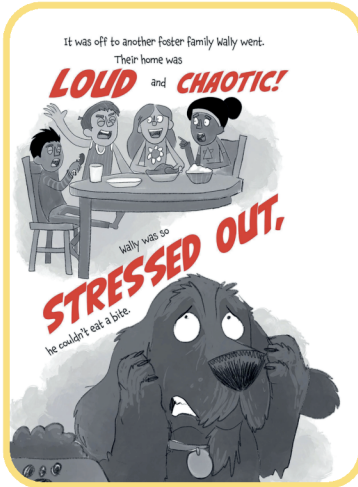
- How did he react?**
He was confused!
- How did he feel?**
He felt ALONE and FRIGHTENED.
- What did he do?**
He didn't know what to do.

👉 If I feel ALONE or FRIGHTENED, I can...

- ✓ Talk to someone I trust
- ✓ Take deep breaths
- ✓ Say "I feel afraid"
- ✓ Hug something soft
- ✓ Stay close to someone I trust

UNDERSTANDING BIG FEELINGS (SEL)

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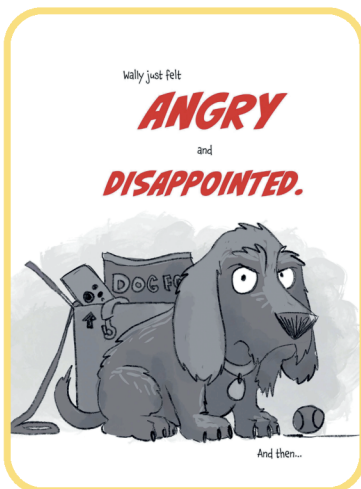


When Wally was living in a place that was loud and chaotic...

- How did he react?**
He couldn't eat a bite.
- How did he feel?**
He felt **STRESSED OUT**.
- What did he do?**
He started his grab-and-runs.

👉 If I feel **STRESSED OUT**, I can...

- ✓ Take deep breaths
- ✓ Hug something soft.
- ✓ Say, "I feel stressed out"
- ✓ Take a break and sit quietly
- ✓ Hold someone's hand I trust



After Wally moved a lot of times...

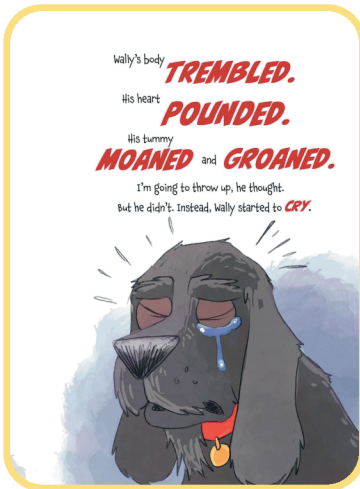
- How did he react?**
He wondered if it was his fault.
- How did he feel?**
He felt **ANGRY** and **DISAPPOINTED**...
- What did he do?**
He didn't know what to do.

👉 If I feel **ANGRY** or **DISAPPOINTED**, I can...

- ✓ Talk to someone I trust
- ✓ Take deep breaths
- ✓ Say, "I feel mad or sad"
- ✓ Hug something soft
- ✓ Take a break and sit quietly

UNDERSTANDING BIG FEELINGS (SEL)

Page 4 of 4



When Wally thought he might be moving again...

How did he react?

His body trembled. His heart pounded.
His tummy moaned and groaned.

How did he feel?

He felt ANXIOUS, NERVOUS, SCARED.

What did he do?

He started to cry.

☞ If I feel ANXIOUS, NERVOUS, or SCARED, I can...

- ✓ Hug something soft
- ✓ Say, "I feel anxious or scared"
- ✓ Talk to someone I trust
- ✓ Take deep breaths
- ✓ Stay close to someone I trust

Wally is learning to manage his BIG feelings

☞ Here's a few ways you can manage BIG feelings too!



- ✓ Learn the names of my feeling words.
- ✓ Use my feeling words to get help.
- ✓ Say, "I feel (add your word)."
- ✓ Ask someone I trust for help.
- ✓ Talk to someone I trust.
- ✓ Take deep breaths.
- ✓ Take a break and sit quietly.
- ✓ Hug something soft.
- ✓ Stay close to someone I trust.
- ✓ Hold someone's hand I trust.
- ✓ Make safe choices about how to react.

Wally's Big Feeling Chart

Name: _____

Pick the words to describe what Wally is feeling. write it down below

JITTERY and ANXIOUS **SCARED and SUSPICIOUS** **ALONE and FRIGHTENED**
JUMPY and NERVOUS **STRESSED OUT** **ANGRY and DISAPPOINTED**



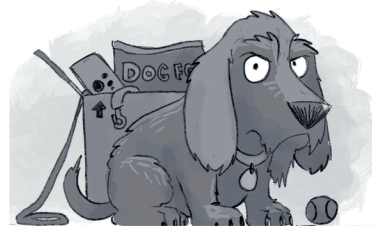
A _____ and
F _____



S _____
O _____



S _____ and
S _____



A _____ and
D _____



J _____ and
N _____



J _____ and
A _____