



SORRY

Sammy the Sheep feels SORRY when he calls his sister a mean name and she starts to cry. He goes right to the time out chair without his mom having to tell him to go, because he knows he was not supposed to do that. He feels sorry because he knows that he hurt his sister's feelings. He wants to do whatever he can do to fix it. If he tries not to feel bad, by blaming someone else for what he did, he knows that the yucky feelings won't go away. Having sorry feelings helps people learn from their mistakes!



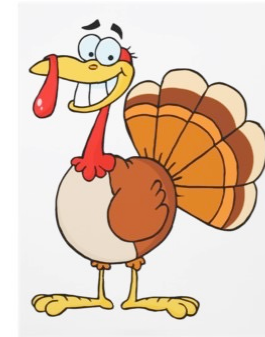
PROUD

Penelope the Penguin feels PROUD when she catches a fish in the water! She tried and tried until she caught that fish! Her mom had a big smile on her face and gave her a big hug when Penelope showed her that fish! Catching fish takes a lot of work, and she feels proud when she put her talent to good use! Proud feelings fill us with energy so we can do more good things!



SORRY FOR YOURSELF

Sammy the Skunk feels Sorry for Himself when he was supposed to go to the park, and then it started to rain. His mommy said that they could not go to the park anymore because it was too wet outside. Sammy still wanted to go to the park, and he did not even do anything to make it rain! When something bad happens to us and we didn't do anything to make it happen, we need to feel sorry for ourselves. Even if people tell you "Don't feel sorry for yourself," it really is OK. If we don't, the feelings won't go away. They'll just keep trying to let us know something hurt us and it wasn't fair. Remember, feelings only stay if we push them away.



THANKFUL

Thomas the Turkey is Thankful when he gets lots of presents on his birthday! He was so happy when all of his friends and his family came to his birthday party and brought him presents wrapped up in bright colors with bright ribbons and bows for him to open that were just for him! What warm feelings he had in his heart when he saw all of those gifts! We feel thankful when we get something that other people do not have, or that other people give to us.



DISGUSTED

Dina was DISGUSTED when she smelled her brother's stinky feet! When something is icky and yucky we just want to spit it out or get away from it, like our wonderful body does if we eat something that's rotten or poisonous. We say, "That's sick" or "He's sick." We feel this way when someone does something that's not OK.



HAPPY

Hallie the Hippo is HAPPY because she loves to take bubble baths and play with her toys! We feel happy when we are doing things that give us good feelings and things that we want to do again and again! Feeling happy makes us smile and laugh. Having fun with other people makes it feel even better! Happy feelings really give us energy!



SCARED

Scottie the Squirrel SCARED when the dogs bark and chase him in the yard while he is searching for nuts. Scared feelings let us know that something might hurt us or something else. If we pay attention to them, we figure out if we should freeze in place, run away, or find someone to protect us. When a lot of scary things happen, it makes it hard to figure out what is really dangerous. It is important to let ourselves feel our feelings so our mind can take care of us and our body can go back to feeling safe and ready.



CURIOUS

Cassie the Cat is very CURIOUS! She loves to learn new things and figure things out! Our brains make new cells when we have new experiences. Learning doesn't just happen in school. We may really love math or science, but we also may want to learn what makes plants grow, or how to cook spaghetti, or how to play baseball, or a million other things. If we do new things in new ways, we'll challenge ourselves to be all we can be and we will help make our world better and better!



MAD

Manny the Mouse is MAD when the cat steals his cheese! Mad feelings tell us somebody or something is doing something hurtful. They protect us and give us the energy we need to fight back with words or muscles if we need to. After we talk about our mad feelings, we won't stay angry. We need to be careful with our mad feelings, because if we don't let them out when we need to, they can come out at the wrong person, and then come back and hurt us again.



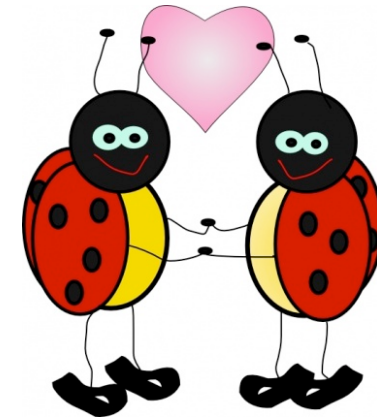
LOVING

Lana the Lion feels LOVING when she spends time with Latte. Loving feelings make us want to take care of other people, animals, even ourselves and our earth. We feel them because whoever or what it is, makes us feel good. Everything needs love. When we're "in love" we just can't think of anything else but being with the one we love. Just like the feelings that protect us, when we have really strong good feelings, we can't think of anything else.



SAD

Suri the Sun feels SAD when the clouds disappear and she has no one to play with. Sad feelings let us know that we have love someone or something important to us. Tears carry the hurt away. If we let ourselves feel the sadness each time we lose someone or something, we learn that hard things happen. We like things to stay the same, but our bodies help us get through hard times.



LOVED

Lonnie the Ladybug feels LOVED when his Mom gives him hugs and kisses. Feeling loved tells us how important we are. Feeling loved makes us feel connected to other people and gives us energy. When we feel loved, our bodies heal faster and we are healthier, too! Loving words and looks show us how loveable we are.



FRIENDS

Freddie the Frog loves spending time with his FRIENDS. He likes to be with his friends because it makes him feel good. He likes to take care of his friends, too! When we have good friends, we like to do a lot of fun things together. Just like the feelings that protect us, when we have really strong good feelings, we cannot think of anything else.



SLEEPY

Seamus the Sloth is SLEEPY all the time. He likes to sleep and rest his body. Sometimes his eyes are tired and his body slows down. This is how he knows he needs to rest and store more energy so he can run and play the next day. When we sleep our muscles, bones, and skin can grow. We need sleep to keep us happy, healthy, and doing our best!