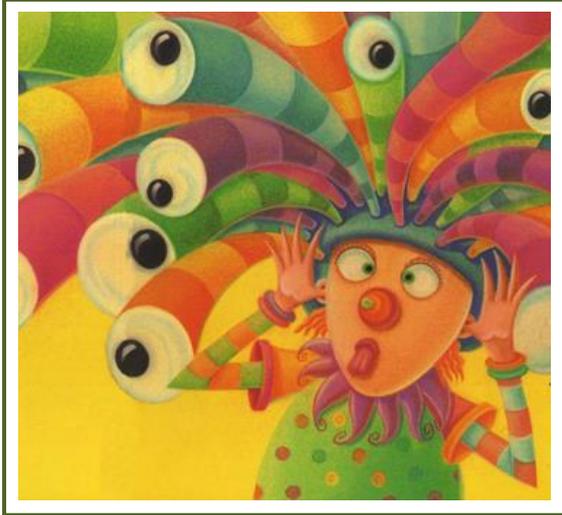


★ The way I feel ★



Silly

Silly is the way I feel when I make a funny face and wear a goofy, poofy hat that takes up lots of space.



Scared

I'm shaking because I'm scared,
all alone in the dark at night.

The thunder and lightning crash
and roar!

Hold me close and turn on the
light.





Happy

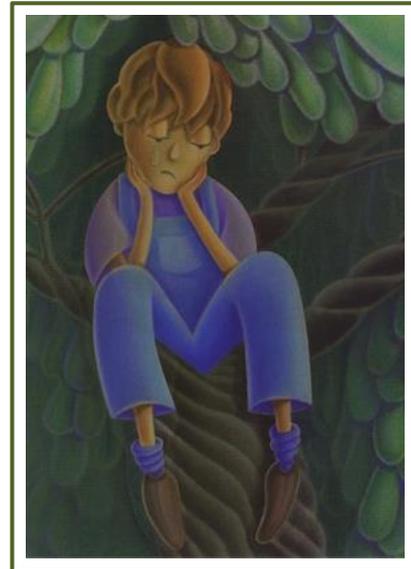
The smile you see upon my face as
the sun shines in the sky
shows the world that I feel happy,
and my mood is soaring high.



Sad

Sometimes I feel so very sad and really don't know
why.

Instead of playing and having fun, I cry and cry and
cry.



Angry

"Angry is how I feel right now," I
shout with a mighty roar.

I mostly want to frown and growl and
stomp upon the floor.

Excited

I'm bouncing like a rubber ball.
I'm more excited than I can
say!

It's really hard for me to sit
when I'd rather jump and play.



Proud

"I did it! I did it!" I shout to the crowd.

Getting dressed by myself makes me feel proud.



Feelings come and feelings go.
I never know what they'll be.
Silly or angry, happy or sad—
They're all a part of me!



A note to parents:

1. Ask your child what circumstances make him or her happy, sad, jealous, and so on.
2. Discuss now to deal with emotions. ("If you're angry, it's not okay to hit or through things, but it is okay to stomp your feet... If you're sad, tell someone how you feel and ask for what you need.")
3. Talk about what actions or steps could be taken to change the circumstances leading to a feeling your child doesn't like.
4. Practice noticing and naming feelings by asking your child how he or she feels at different times throughout the day. Discuss the differences in emotions that may seem similar, such as sad and bored, or jealous and mad, or happy and excited.

— Janan Cain

Janan Cain
The way I feel
Seattle, Parenting Press, 2005