



The Adventures of Yani: Emotions

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HAPPY



Come here Gunther, let me give you a big hug.



Why? Because I'm happy! How do you feel when you're happy?



Me too! Being happy is my favorite feeling. It's better than being sad or upset. When I'm happy I like to smile big.



I feel happy when I'm nice to my friends.



Riding my bike makes me happy.



Jumping rope with my friends makes me happy.



Reading a good book makes me happy.

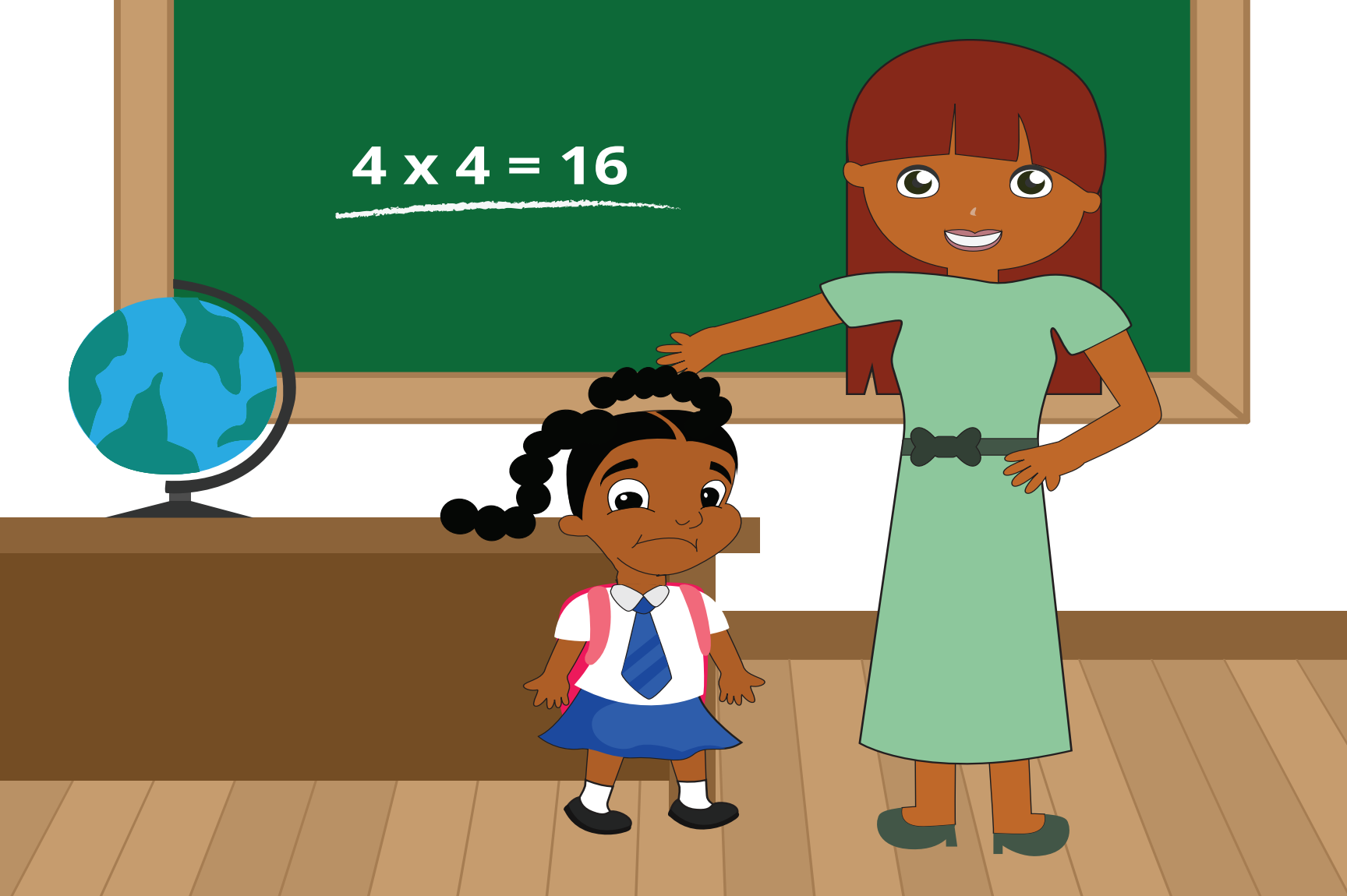


When I'm sad or upset I can always do something that makes me happy.
What makes you happy?

SAD



Have you ever felt sad? That's ok, everybody feels sad sometimes. What makes you sad?



Yea, those things make me sad too. When I feel sad I tell my teacher or my guardian so they know how I feel. I know they'll help me feel better.



Sometimes when I can feel myself getting sad I can tell a good friend and ask for a hug.



Sometimes when I get sad I even cry! I used to be embarrassed but my brother said it's ok to cry, but then I have to be strong and clean my face.



Sometimes when I'm sad I can even draw a picture or write a story and that helps me feel better.



Sometimes when I'm sad at school I can ask to get a drink of water and
when I get back to class I'm not sad anymore!



Remember it's ok to be sad for a little while but we can't be sad forever or we'll miss out on so much fun. When you get sad what can you do to cheer up?

ANGRY



Have you ever felt frustrated or angry? That's ok, everybody feels that way sometimes.



Sometimes when I get frustrated or angry I can take three deep breaths.
One, Two, Three. That's all better!



When I can feel myself getting frustrated in school I can just politely ask my teacher for a hall pass to take a quick walk and cool my head.

1.. 2..3..4..5..6..7..8..9..10



When I get upset I can always count to ten. Count with me! One, Two, Three, Four, Five, Six, Seven, Eight, Nine, Ten. Now I feel much better!



If I get frustrated or angry at home, I can calm down by writing it down or reading a book.



Sometimes when I get upset I even find an adult or a friend to talk to so I can calm my emotions.



When I get upset or angry I shouldn't do mean things. I don't like being angry, I like to be happy. Getting upset is ok, but you have to keep making good choices.



When you get frustrated or angry what can you do to calm down?