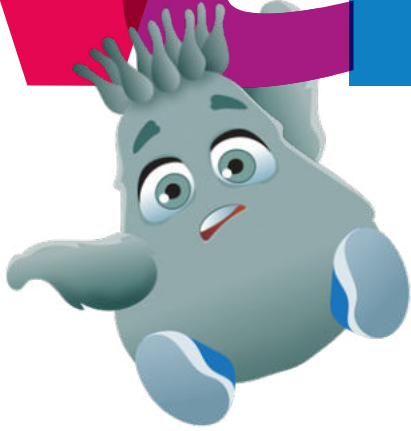


Wellness

Book



1



1

Let's
Share!



Let's get ready
for Wellness!

▶ Watch and do.

2



YES?

NO!

1  **1.01 Look and listen.**

- What do you see?
- What do you hear?
- What's happening?

2 Talk about you.

- Do you share with friends?
- Is it easy or hard for you?

Lesson 1

1

HOW DO YOU FEEL
WHEN YOU SHARE?

Choose and circle.



sad



scared



angry



proud



happy



frustrated

2

FEELINGS SHOW UP
IN OUR BODIES.

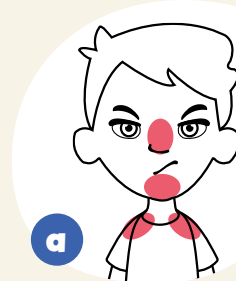
Where do you feel
★BIG Feelings★
when you share?
Look and match.

1 scared

2 sad

3 angry

4 frustrated



3

HOW DO YOU THINK THEY FEEL?

Look and underline.

happy / scared



sad / happy



angry / happy



happy / sad

4

HOW CAN YOU FEEL BETTER?

Read and color.

Let's Share

I feel ...

I can ...

1 scared.

ask a friend to share with me.

2 angry. It's my toy!

play a game with friends.

3 sad. No one shares with me.

share a different toy.

Take a Moment

Thank YOU for SHARING.

Sit straight and close your eyes.

Remember someone sharing with you. How do you feel?

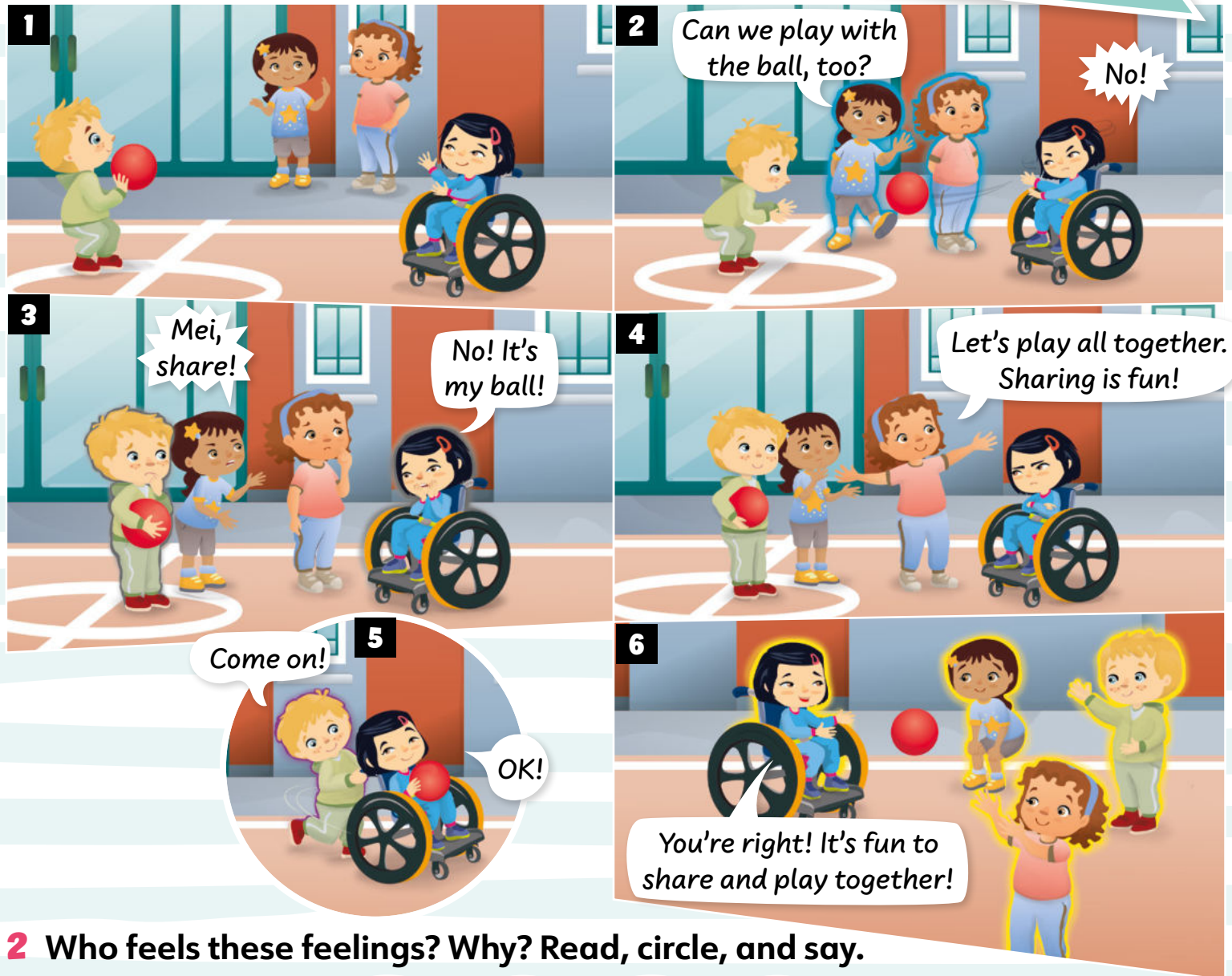
Remember YOU sharing with someone. How do you feel?

Now hug yourself and say, "Thank YOU for sharing."



Sharing Is Fun!

1 1.02 Listen and read. Who wants to play?



2 Who feels these feelings? Why? Read, circle, and say.

	Mei	Franco	Sadia	Lucy
1 Who feels sad ?	Mei	Franco	<u>Sadia</u>	<u>Lucy</u>
2 Who feels scared ?	Mei	Franco	Sadia	Lucy
3 Who feels proud ?	Mei	Franco	Sadia	Lucy
4 Who feels happy ?	Mei	Franco	Sadia	Lucy

Sadia and Lucy feel sad. Mei doesn't share the ball.



My Wellness Journal

1

WHAT ABOUT YOU?

Read and write.

sad

scared

angry

proud

happy

frustrated

1 I don't want to share. I feel _____.

2 I share. I feel _____.

2

CHOOSE A ★BIG Feeling★.

Read and write. Then draw.

My friend shares with me. I feel _____.