

3RD & 4TH GRADE FEELINGS

Created by Mrs. Mason

EXPECTATIONS:
BE SAFE
BE RESPECTFUL
BE RESPONSIBLE
SO WE CAN HAVE FUN

STAND UP AND
STRETCH



DEEP BREATHS AND
WISH WELL
(WHO'S ABSENT TODAY?)



Feelings-
*How we react
to things
around us.*


What feelings
can you think
of?





Marcy wanted to be happy. Happy is ALL she wanted to be.

But she had so many other feelings too! And they would show up at the worst times. They would greet her at the start of each morning and follow her around during the day. And some days she felt overwhelmed and just wanted to hide from them all!

An illustration of a child with messy brown hair lying in bed, covered by a green blanket with small brown spots. A brown dog is curled up under the blanket at the foot of the bed. On a white bedside table next to the bed, a red alarm clock shows '07:00' and has a small, mischievous, orange, horned creature sitting on top of it. The creature has a grumpy expression. A string of colorful triangular bunting hangs from the ceiling. A window with orange curtains is visible on the left. The text is positioned in the upper right area of the illustration.

One morning, when Marcy's alarm clock blared, she opened her eyes to Frustrated who was looking right at her. "No!" Marcy groaned. "Not you again!"



Then, when her brother, Peter, barged into her room without asking,
there sat Angry on his shoulder.
“Go away!” Marcy yelled at them both.



This day was NOT off to a good start.
Her feelings were already starting to
feel like too much!

Do you feel
overwhelmed
sometimes with how
you're feeling?

Maybe you feel a
certain way and don't
know why?



Where is Happy? Marcy wondered about her favorite feeling as she walked into school. She hadn't seen or felt her all morning.

During math, Mrs. Bennett handed back their pop quiz from Friday.
Marcy smiled at the big circled A on top.

"Oh, there you are, Happy!" Marcy's heart felt like it grew in her chest.
"I'm so happy you are here. Please don't go away again!" Marcy begged.
"I don't feel like myself when you aren't around."

Happy sighed. She was tired of being so needed.





At recess, Marcy's friends ran off, leaving her on the swings all by herself. Sad sat on the swing beside her. "Please leave me alone," Marcy said as her eyes filled with tears.

When we are sad, it is with us for a bit. Then the feeling goes away.



When Mrs. Bennett called on Marcy to answer a question during reading, Marcy answered incorrectly, and her cheeks turned bright pink. There was Embarrassed sitting right on Mrs. Bennett's desk, looking at her. Marcy glared at Embarrassed and sank down in her seat, knowing other people were staring at her too.

There may be times we feel embarrassed. It's not a feeling we like to have. The feeling is with us for a bit, and then it goes away.

“Social Studies quiz tomorrow, everyone!” Mrs. Bennett announced to the class as the last bell rang that afternoon.

“Quiz?!” Marcy’s heart started beating fast. “I forgot about the quiz.” Worried followed her down the hall, chewing on her pencil as she walked. *Why do you make me feel so anxious? I don’t like it when you show up!* Marcy walked faster to create some distance between herself and Worried.



Do you notice that her feelings are always with her?



That evening, Peter got to watch his favorite show and Marcy didn't. "Hey! That's not fair!" Marcy pouted. Jealous stood there with her hands on her hips, and Marcy scowled at her. Marcy didn't like feeling envious of her brother, and wished Jealous would go away.

That night, as Marcy lay in her bed, she tossed and turned. This had been the worst day. She thought back over all the bad things that had happened, and how she had barely felt happy. When she opened her eyes, she saw all of her feelings standing by her bed or sitting on the floor.



She saw Angry, Sad, and Jealous. And Worried, Embarrassed, and Frustrated. And, of course, Happy was there, too, but all the other feelings seemed much bigger than Happy. They all felt so big and overwhelming. It was too much for Marcy to handle.

“I wish you’d all just leave me alone!” Marcy pulled the covers over her head, ignoring them.



When our feelings are too much to handle, we may need to take a break.

What did Marcy do to help herself?



The next day, something seemed different. None of Marcy's feelings greeted her when she woke up that morning or as she went about her day. And Marcy began to feel empty.



Frustrated, who always showed up when she forgot to do her homework, wasn't there. And Embarrassed wasn't beside her when she tripped on the way into school.





Sad didn't show up when her friends forgot to meet her in the hallway. Even Happy was nowhere to be found when Marcy was chosen to be the class helper for the day. Not one single feeling was with her the entire day, and Marcy realized that not feeling anything seemed worse than feeling everything.

What do you think? Are feelings helpful?

Would you rather feel nothing and be alone or have feelings to help you through?



That night, Marcy sat on her bed.
“Where are you guys?” she asked, but
no one responded. Then she asked again,
“Feelings? Are you there?”



Angry slowly stepped out from the closet.

“Oh you,” Marcy frowned. “I was looking for Happy.”



One by one, all of her feelings stepped out from their hiding spots.
First Angry, then Sad and Frustrated, Jealous, Embarrassed, and then Worried.
Finally, Happy stepped to the center of the room.

“Happy! You’re back!” She ran to give Happy a big hug.

“Not so fast, Marcy,” Happy said lifting her hand. “If you want me around, you’re going to have the others too.” Her voice was kind but firm.



“But the others don’t make me feel good inside,” Marcy said. “Angry makes me want to hit, and Sad makes me want to cry. Jealous makes me want to push my brother, and Embarrassed makes me want to run away and hide. Worried makes my stomach hurt, and Frustrated makes me want to say mean things.”

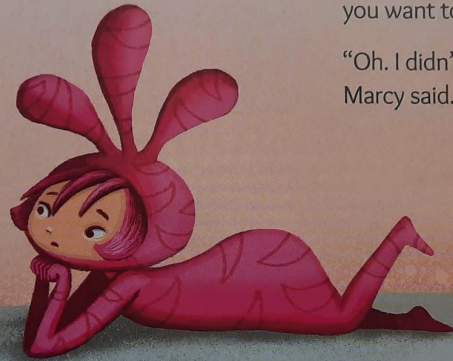
“Happy, you are the only one who makes me feel like myself.”



“I understand,” said Happy. “It’s normal to feel that way. But the truth is, you won’t feel happy all the time. You are going to feel many things each day, and that’s okay. If a friend hurts your feelings, it’s normal to feel sad. Or if you don’t do well on a test you studied hard for, it’s okay to feel frustrated.”

“Feeling those things means you care about how people treat you and that you want to do your best.”

“Oh. I didn’t think of it that way,” Marcy said.



“The good news is your feelings don’t have to control you. And they don’t last forever,” Happy explained. “You can feel them for a bit and then they can go away.”

Happy took Marcy by the hand and turned to face all the other feelings.

“Marcy, this is Anger. You two can be friends.”

“Hi. Ni-nice to meet you,” Marcy held out her hand. Anger shook it. Then Marcy met all the other feelings. No one yelled at her or made her feel terrible.

Embarrassed was very shy but funny. Frustrated made the goofiest faces, and Jealous was always trying to get everyone’s attention. Worried was good at telling stories, and Sad was an excellent listener. Angry made silly sounds, and Happy’s eyes lit up when she smiled.

Marcy watched them and realized each of her feelings had a function, and she could see the good in them. Frustrated could help her work hard, Jealous could teach her patience, Embarrassed could help her be sure of herself, and Sad could help her feel empathy for others.

“This changes everything!” Marcy’s new revelation surprised even herself.

Our feelings are helpful.



The next morning, Frustrated showed up when Marcy's alarm didn't go off and she woke up late.

Instead of telling him to go away, she said, "Good morning, Frustrated. I am in a hurry to get ready, but I'll see you later."



Sad and Happy both showed up at lunch when she didn't get to sit by her best friend but the cafeteria was serving her favorite food—pizza!



Did you notice you can feeling more than one feeling at a time? Marcy has sad and happy with her.

Jealous sat down at the table when her brother got the best piece of dessert after dinner. But instead of snapping at her brother, Marcy said, "Hey, Jealous, maybe we'll get the best piece tomorrow?"





Each of her feelings showed up that day, along with two new feelings named Peaceful and Confident.

But Marcy didn't feel overwhelmed. By accepting them and feeling each as they came, she was learning to manage her emotions and not let her feelings take control.

She actually felt glad they were there by her side because she knew that to feel Happy, the others needed to have their place too.

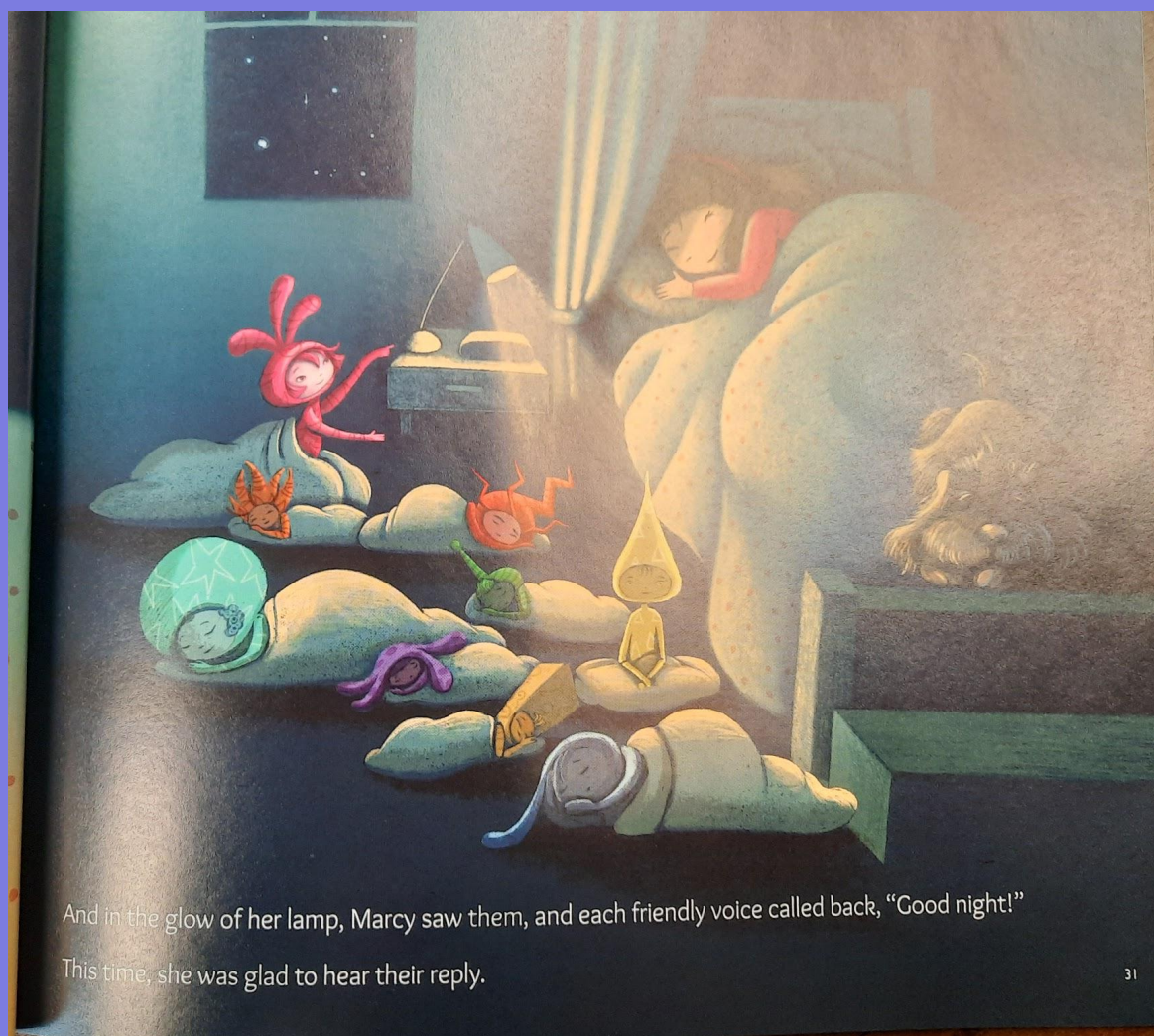
That night, as Marcy turned out her light, she called out to ALL her feeling friends. "Goodnight, Sad, Angry, and Frustrated."

"Goodnight, Peaceful and Confident."

"Goodnight, Worried, Jealous, and Embarrassed."

And finally, "Goodnight, Happy."





And in the glow of her lamp, Marcy saw them, and each friendly voice called back, "Good night!"
This time, she was glad to hear their reply.

ALL THE FEELS

- All of our feelings help us.
- Feelings are with us for a bit, and then they go away.



Good Advice...

Tips for Teachers and Parents

1. Talk in numbers.

Use numbers (1-10) to explain how you are feeling (Example: "I'm feeling angry at an 8"). This will help others understand how big your feelings are and how to help you manage them.

2. Ride the wave.

When you have a negative feeling (such as anger, sadness or worry), allow it to come and go without responding with actions. Take some deep breaths and allow the feeling to pass. If you respond when you are an 8 or above, you will likely not make a good choice.

3. Walk away.

When your feelings are big (8 or above), take a walk or try and remove yourself from the situation. This will help your mind and body calm down and help you make better choices.

