Wellness Book 1

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Let’s get ready for Wellness!

Watch and do.
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

How do you feel when you share?

Feelings show up in our bodies.

Where do you feel **BIG FEELINGS** when you share? Look and match.

Choose and circle.

1. Scared
2. Sad
3. Angry
4. Frustrated

Feelings:
- sad
- scared
- happy
- frustrated

Characters:
- a
- b
- c
- d
3. **How do you think they feel?**

- Happy / Scared
- Sad / Happy
- Angry / Happy

4. **How can you feel better?**

   **Read and color.**

   **Let’s Share**

<table>
<thead>
<tr>
<th>I feel ...</th>
<th>I can ...</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 scared.</td>
<td>ask a friend to share with me.</td>
</tr>
<tr>
<td>2 angry. It’s my toy!</td>
<td>play a game with friends.</td>
</tr>
<tr>
<td>3 sad. No one shares with me.</td>
<td>share a different toy.</td>
</tr>
</tbody>
</table>

**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.”
Lesson 2

1.02 Listen and read. Who wants to play?

1 Who feels sad?

Mei

Franco

Sadia

Lucy

2 Who feels scared?

Mei

Franco

Sadia

Lucy

3 Who feels proud?

Mei

Franco

Sadia

Lucy

4 Who feels happy?

Mei

Franco

Sadia

Lucy

Sharing Is Fun!

1. Listen and read. Who wants to play?

Can we play with the ball, too?

No!

Let's play all together. Sharing is fun!

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

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

3. Listen and read. Who wants to play?

4. Who feels scared?

5. Who feels proud?

6. Who feels happy?
My Wellness Journal

What about you?

Read and write.

1. I don't want to share. I feel ____________.
2. I share. I feel ____________.

Choose a ★BIG Feeling★.

Read and write. Then draw.

My friend shares with me. I feel ____________.