

Wellness

Book

2



1

Believe You Can



**Let's get ready
for Wellness!**

 Watch and do.

2



Ugh!

1  **1.01 Look and listen.**

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

2 Talk about you.

- Who helps you believe in yourself?
- Is it easy or hard for you to believe in yourself?

Lesson 1

1

HOW DO YOU FEEL WHEN YOU SUCCEED? HOW DO YOU FEEL WHEN YOU DON'T?

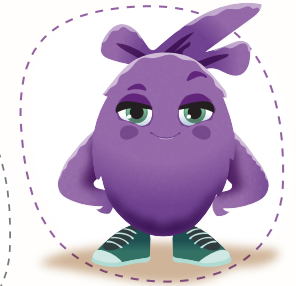
Choose and circle. Then write.



embarrassed



scared



proud



excited



happy



frustrated

I succeed. I feel ...

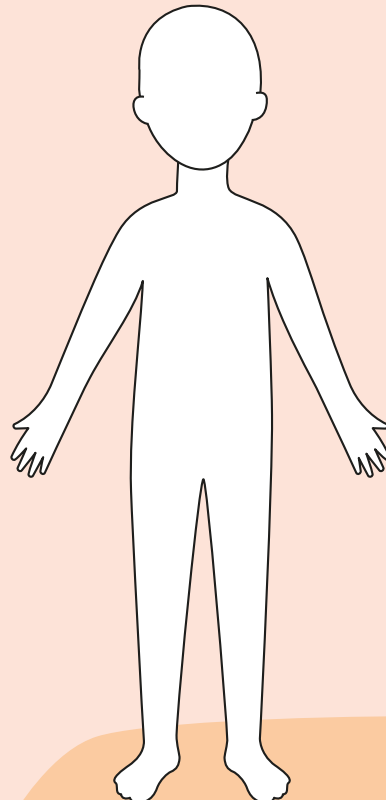
I don't succeed. I feel ...

2

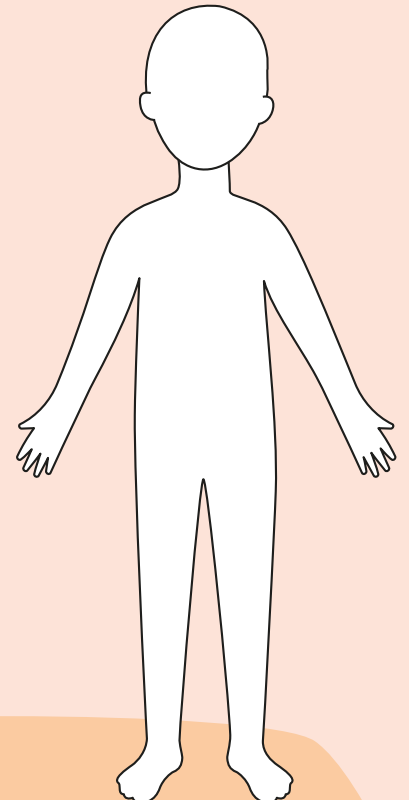
FEELINGS SHOW UP IN OUR BODIES.

Where do you feel **★BIG Feelings★** when you succeed or don't? Look and color.

I Succeed



I Don't Succeed



3

HOW DO YOU THINK THEY FEEL?

Look and circle.

1



scared / excited

2



proud / embarrassed

3



frustrated / happy

4

HOW CAN YOU FEEL BETTER WHEN YOU TRY SOMETHING NEW OR DIFFICULT?

Look, read, and complete.

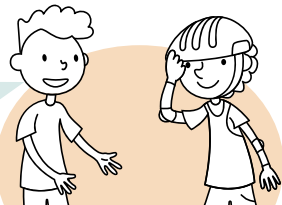
practice

ask

think

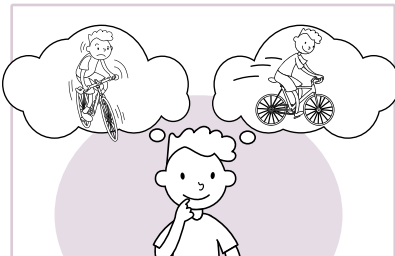
1

Can you ride a bike? How do you feel? Is it hard to ride a bike?



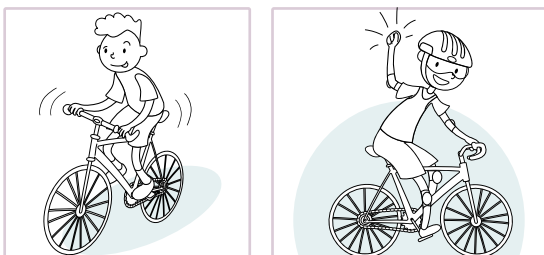
I can ask questions to find out more.

2



I can _____ of the best and worst thing that can happen. I can learn from this and believe in myself.

3



I can _____!
I can do it a lot and get better!

Take a Moment



Superhero POSE

Stand up and do a superhero pose!

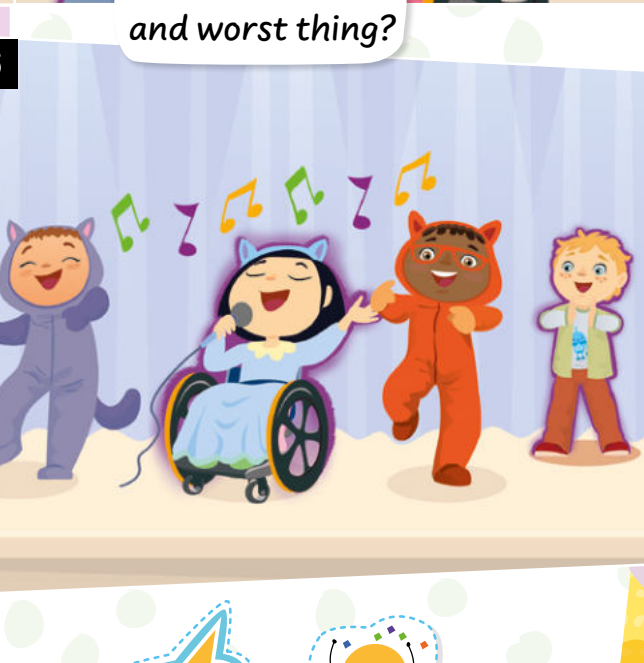
Stay still. Breathe in and out.

How do you feel?

Remember YOU are a hero on the outside and on the inside, too!

1  1.02 Listen and read. Who needs help?

You Can Do It!



2 How do they feel? Why? Read, write, and say.

scared

proud

excited

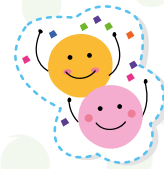
happy

proud

1 What three feelings does Mei feel?

2 Oscar helps. How does he feel? _____

3 Franco sees Mei sing at the talent show. How does he feel? _____



Mei feels scared. It's her first time singing on stage.

My Wellness Journal

1

WHAT ABOUT YOU?

Read and complete.

- 1 I'm not sure I can do something. I feel _____.
- 2 I try something new. I feel _____.
- 3 I believe in myself. I feel _____.

scared

proud

embarrassed

happy

frustrated

excited

2

WHO HELPS YOU?

Read, write, and draw.

_____ helps me believe in myself!