

# Wellness

## Book

# 3



1

# My Relationships Are Important

## Welcome to Wellness!



- Get in a circle.
- One student takes a ball and says something nice about the next student, then passes the ball.
- Keep passing the ball around the circle and saying nice things.
- How do you feel?

2





**1**  **1.01 Look and listen.**

- What do you see?
- What do you hear?
- What's happening?
- What makes you say that?

**2 Talk about you.**

- Do you have good relationships with others?
- It is easy or hard for you?

1

How do you feel when you don't have a good relationship with others?

Unscramble and write. Then choose and circle.

sjaloeu

sidpaidtnepo

grany

ylloen

ahpyp

semadesrarb

asd

dexceit



1 j \_\_\_\_\_

2 e \_\_\_\_\_



3 h \_\_\_\_\_

4 a \_\_\_\_\_



5 d \_\_\_\_\_

6 l \_\_\_\_\_



7 e \_\_\_\_\_

8 s \_\_\_\_\_

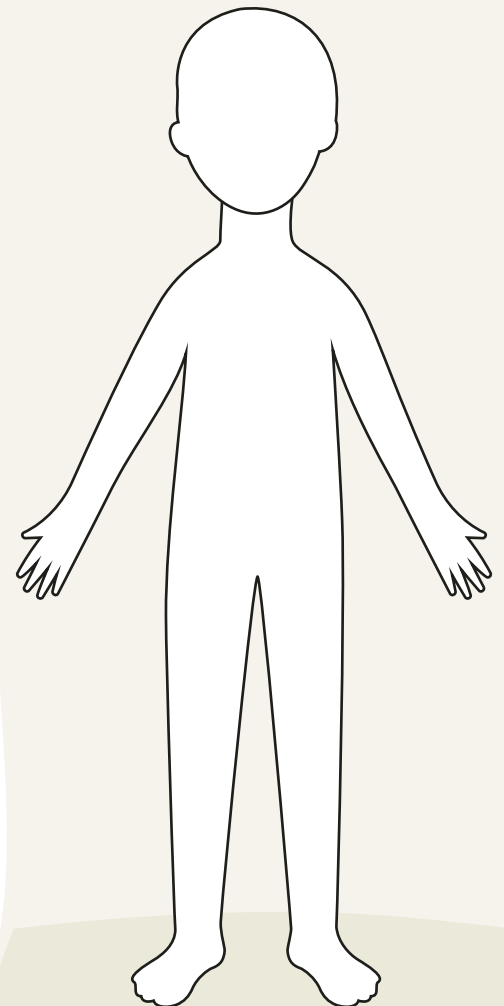
2

**FEELINGS**  
show up in  
our bodies.

Where do you feel  
★BIG Feelings★ when  
you don't have a good  
relationship with others?



Color the feelings you  
chose in Activity 1.



# 3

How do you think they feel?  
Look and write.

Across

Down



2

2

1

4

3

5

1



3



5



4

# 4

How can you make a friend  
feel better?  
Read and complete.

calm down

breathe

talk

- 1 Ask them to \_\_\_\_\_ in and out.
- 2 Help them \_\_\_\_\_.
- 3 You can \_\_\_\_\_ to them.

## Take a Moment

### The Gratitude Tree

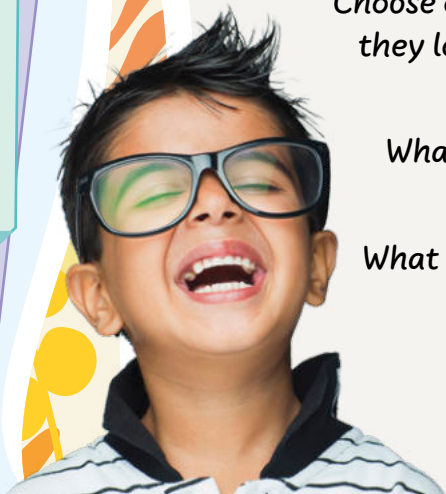
Sit on the floor and put your hands on your lap.

Close your eyes. You are in your own bubble.

Choose one friend. How do they look? How do they sound?

What do you like about them?

What are you grateful for?



# She's My Friend, but I'm Jealous!

1 1.02 Listen and read. Who is jealous?

**1** Congratulations, Sadia! You're the winner.

**2** Hey! Great job! Nice work!

**3** Hey, Lucy! Come on over!

**4** What's wrong? Why are you here? You're my best friend!

**5** You always win! Wait, wait!

**6** You are jealous. Being jealous means you want something someone else has.

**7** When you feel jealous, think about what you are grateful for.

**8** I'm sorry. I worked hard on my science project. I didn't win, but that's OK. Congratulations! Thank you!

2 How do they feel? Why? Read and circle.

- 1 Sadia feels proud at the beginning of the story. True / False
- 2 Oscar feels jealous at the beginning of the story. True / False
- 3 Lucy and Sadia feel angry in the middle of the story. True / False
- 4 Lucy, Sadia, and Oscar feel lonely at the end of the story. True / False

Why does Sadia feel proud at the beginning?

Because she wins first prize at the Science Fair.

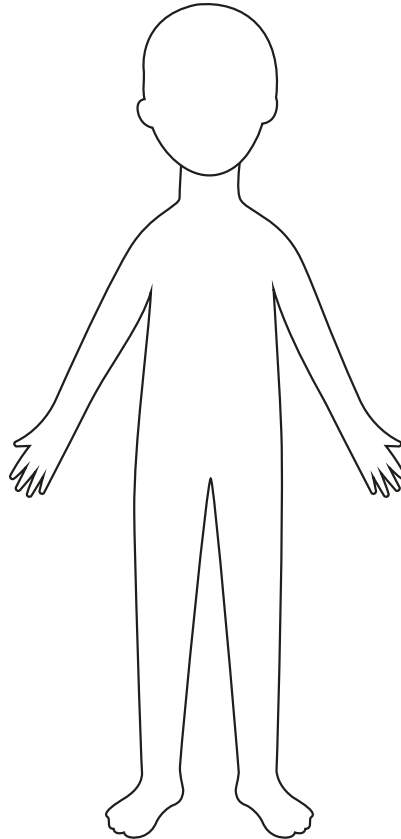
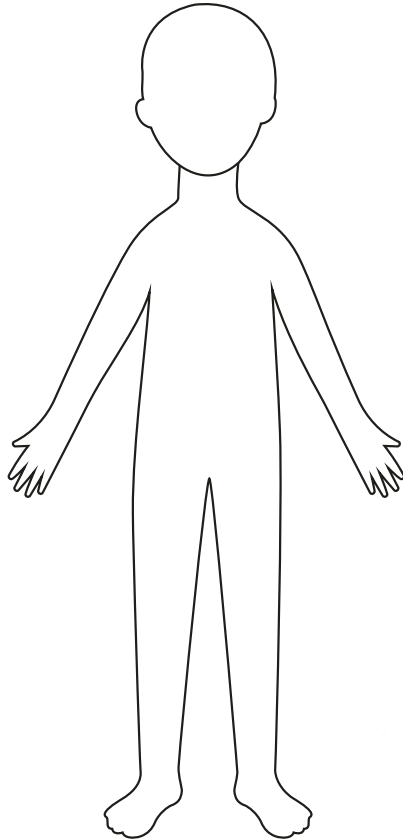


# 1 What about you?

Read, write, and draw.

My Dream Friend

The Friend  
I Want to Be



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# 2 Are there any similarities between your dream friend and the type of friend you want to be?

Think and write.

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