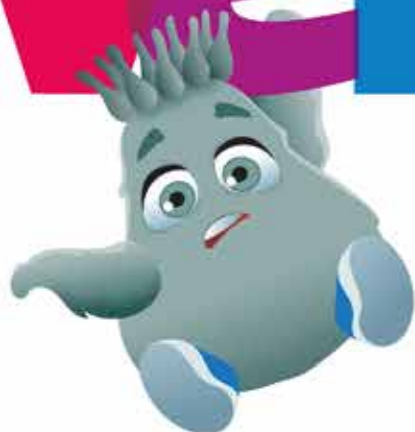


Wellness Book



1





YES?

No!

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

▶ Watch and do.



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.



angry



proud



happy



frustrated



sad



scared

2

FEELINGS SHOW UP
IN OUR BODIES.

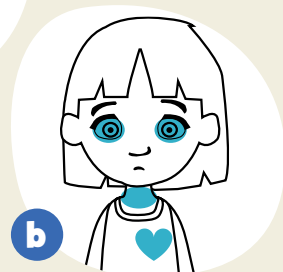
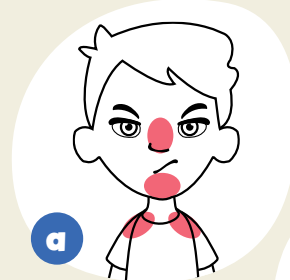
Where do you feel
★BIG Feelings★
when you share?
Look and match.

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."



Unit 1

5

1 1.02 Listen and read. Who wants to play?

Sharing Is Fun!

1

2 Can we play with the ball, too? No!

3 Mei, share! No! It's my ball!

4 Let's play all together. Sharing is fun!

5 Come on! OK!

6 You're right! It's fun to share and play together!

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

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 _____.