Let’s get ready for Wellness!

Let’s Watch and do.

1.01 Look and listen.
- What do you see?
- What do you hear?
- What’s happening?

1 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 \textbf{BIG Feelings*} when you share? Look and match.

1. sad
2. scared
3. happy
4. frustrated

How do you think they feel?
1. happy / scared
2. happy / sad
3. sad / happy
4. angry / happy

How can you feel better?

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

Take a Moment

Thank YOU for \textbf{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. **Listen and read. Who wants to play?**

   - Can we play with the ball, too?
   - Mei, share! Let’s play all together.

   - No! It’s my ball!
   - You’re right! It’s fun to share and play together!

   - Come on!
   - OK!

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

   - Mei feels sad. Franco feels sad. Sadia feels sad. Lucy feels sad.
   - Mei doesn’t share the ball.

3. **My Wellness Journal**

   - What about you? Read and write.

   - I don’t want to share. I feel EF.
   - I share. I feel EF.

   - Choose a **BIG Feeling**.

   - My friend shares with me. I feel EF.