

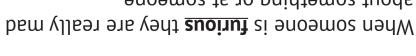


proken. You might be furious if your favorite toy gets

about something or at someone.

about something. Someone who is **grumpy** is a little bit mad

You might feel grumpy when things don't go





furious



grumpy

your way.



I interrupt you when you are working, I'd say, talking, you are interrupting your teacher. If

When you speak out while your teacher is

"Excuse me."





very bad or horrible. You might have to take medicine that tastes

makes someone stop speaking. Interrupt is when you say or do something that

Something that is horrible is very bad.



interrupt

horrible





that you want. You might be jealous if someone wins a prize

someone else has or can do. Someone who is **jealous** wants something

day playing with your friend. You might be joyful when you get to spend a pleasure. Something that is joyful causes happiness and

joyful











You might feel lonely when you don't have anyone to play with.

When you feel **lonely**, you're unhappy because you're alone or you don't have any friends.

ot betnew eno on fi elderesim leef the wonted to

be your friend.

When someone is **miserable**, they feel very sad.













in a bad mood if something is bothering you. play on the playground. However, you could be You might be in a good mood when you can

time.

frightened about something.

You might be nervous about getting a shot at

Someone who is nervous is very worried or

A mood is the way you are feeling at a certain

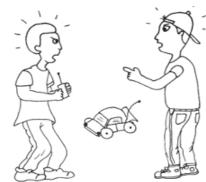


mood

nervous

the doctor's office.







with something they have, or something Someone who is proud is happy or pleased

they've done.

how to tie your shoelaces. You might feel proud when you finally learn







You might quarrel with your brother if he takes

Quarrel means to argue or fuss and fight.

one of your toys without asking.



wait to speak, you are showing respect to that

When you listen to what else is saying and

berson.



something from you. react differently than if someone takes If someone shares with you, you will probably

to you. way because of something that has happened

they say. their feelings and show we care about what When we respect someone, we think about

When you **react**, you feel, say, or act in a certain



react

respect



toys with others. You might be selfish if you won't share your

ofhers. himself and doesn't consider the feelings of Someone who is **selfish** thinks mostly about

selfish

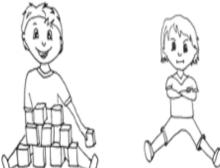


friend's place in line by saying, "I'm sorry." You might take responsibility for taking a

caused by what you said or did. understand and admit that what happened was When you are responsible for your actions, you



responsibility









You might share your school supplies with a friend who needs them.

When you **share** something with someone you allow him to have it or use it.

You might be thankful that the rain stops when it's time for you to go home.

Someone who is **thankful** is happy that something has happened.

share



thankful





You might be unhappy if it's time to go to bed and you wanted to stay up and watch TV.

When someone is **unhappy**, it means they're NOT happy; they're sad.

You are unique because no one else looks or feels exactly like you.

Unique means there is no one else just like YOU.

unique





Social-Emotional Learning Foundations

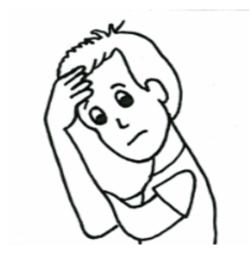
You might feel upset about missing playground

Someone who is **upset** might feel worried,

upset

frustrated, or even angry.

time.



worry

something bad that might happen. Someone who is worried keeps thinking about

You might be worried about taking a test.







afraid calm

might happen. Someone who is afraid thinks something bad

You might be afraid of the dark or loud noises.

Social-Emotional Learning Foundations



You might feel calm when you are listening to

or excited.

a story being read to you.

Someone who feels calm is not worried, angry,



dislike

Like it.





or not like, each other.

Differences are ways that we are different from,

your eyes and your friend's eyes. There may be a difference between the color of

Social-Emotional Learning Foundations

Learning Foundations Social-Emotional

You might dislike doing your chores at home.



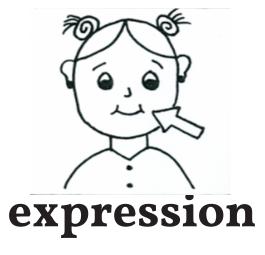


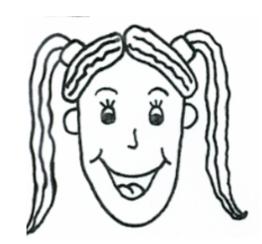
Smiling and frowning are facial expressions that show when we are happy or sad.

The **expression** on your face is the way our face shows what we're thinking or feeling.

You might feel very happy when you get something you want.

Someone who is **happy** has feelings of joy.





happy





You might feel pleased when you do something very well.

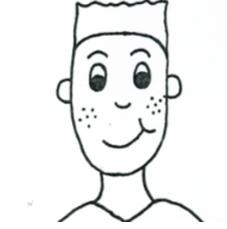
Someone who is **pleased** is happy or proud of what they're doing or have done.

You might feel sad when your friend is sick.

Someone who is **sad** is not feeling very happy.



pleased



sad





You might feel shy when you meet someone new.

Someone who is **shy** is a little afraid or scared of being around someone or something new.

You might be surprised not to get homework one day.

Someone who is **surprised** doesn't expect something to happen.



surprised

shy

