



**afraid**

Someone who is **afraid** thinks something bad might happen.  
You might be afraid of the dark or loud noises.



**angry**

Someone who is **angry** is very mad.  
You might feel angry when someone doesn't listen to you.



**avoid**

When someone **avoids** something, he stops himself from doing it.

You might avoid getting hurt by playing carefully on the playground.



**choice**

A **choice** is when you decide to say or do something.

If you decide to go outside to play, instead of staying inside, you've made a choice.



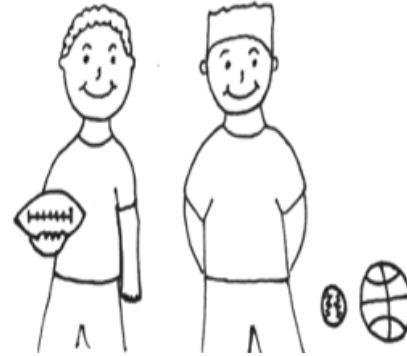
# comfort



When you **comfort** someone, you say or do something to help them feel better.

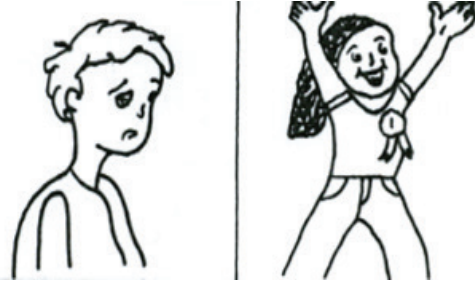
You might comfort someone who's crying by handing them a tissue.

# compromise



When two people reach a **compromise** they agree or decide to do something they both like.

You might compromise about what game to play with a friend.



**body language**

**Body language** is the way our body looks and shows how we're feeling.

Your body language might show you're sad when you hang your head and droop your shoulders.



**calm**

Someone who feels **calm** is not worried, angry, or excited.

You might feel calm when you are listening to a story being read to you.



**care**

When you care for someone, you do things to help them feel good or happy.  
You care for a friend who is hurt when you try to help him feel better.



**consequence**



A consequence is what happens because of what you say or do.  
When you work hard in class, you might get a consequence you like!



**cooperate**

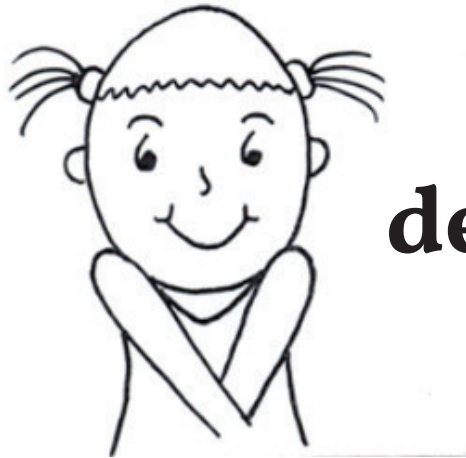
**Cooperate** is when you work with someone or when you do what someone asks you to do. You cooperate when you work together in a group and follow the rules.



**decide**

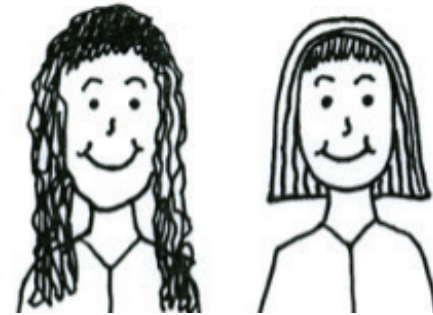
**Decide** is when you choose to do something. You might decide to finish your homework as soon as you get home from school.





**delighted**

Someone who is **delighted** is feeling great happiness and is extremely pleased or excited. You might feel delighted when you get an unexpected surprise.



**difference**

**Differences** are ways that we are different from, or not like, each other.

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



**dislike**

When you **dislike** something it means you don't like it.

You might dislike doing your chores at home.



**express**

To **express** something means to try and let others know what you're feeling or thinking. When you tell someone you're hurt, you're using words to express that you need help. If you're excited you might express that feeling by jumping up and saying, "Yay!"





# feelings

**Feelings** are how we feel inside.  
Our feelings can change. Sometimes we might feel happy or excited, and other times we might feel sad or even angry.



# expression



The **expression** on your face is the way our face shows what we're thinking or feeling.  
Smiling and frowning are facial expressions that show we are happy or sad.



**excited**



Someone who is **excited** is very happy about something.  
You might feel excited about going on a class fieldtrip.



**emotions**

**Emotions** is another word for feelings.  
Emotions are how we feel inside.  
We all feel different emotions like joy, fear, and excitement.





**Fierce** is a feeling or action that is very strong.  
When someone is making a fierce noise, it is  
very loud and strong, like a lion's roar.

**fierce**



An **expectation** is a belief that something will  
happen.  
You might have the expectation of going to  
lunch on time today. That means you believe  
that is what will happen.

**expectation**

Someone who is **frustrated** is upset or angry because they want to do something very badly and aren't able to do it.  
You might feel frustrated when you're first learning how to tie your shoelaces.



**frustrated**

Someone who is **grumpy** is a little bit mad about something.  
You might feel grumpy when things don't go your way.



**grumpy**



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

When you speak out while your teacher is talking, you are interrupting your teacher. If I interrupt you when you are working, I'd say, "Excuse me."



**jealous**

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

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





**kind**

Someone who is **kind** cares for others by being nice and helpful.

You're being kind when you help someone by holding the door open.



**pleased**

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

You might feel pleased when you do something very well.





**proud**

Someone who is **proud** is happy or pleased with something they have, or something they've done.

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



**react**

When you **react**, you feel, say, or act in a certain way because of something that has happened to you.

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



**mood**

A **mood** is the way you are feeling at a certain time.

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



**nervous**

Someone who is **nervous** is very worried or frightened about something.

You might be nervous about getting a shot at the doctor's office.





**pay attention**



When we listen to others, we **pay attention**.  
When you pay attention to someone who's  
speaking, you look at the person and think  
about what he/she is saying.  
It's helpful to pay attention to the teacher's  
directions.



**realize**

**Realize** means to suddenly become aware of or  
notice something.

You might suddenly realize you left your  
homework at home.



**respect**

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

When you listen to what someone else is saying and wait to speak, you are showing respect to that person.



**responsible**



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

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





**rude**

When someone is **rude**, they are not thinking about or respecting the feelings of others.  
You might be rude if you interrupt someone who is working.

**rules**

**Rules** are instructions that tell us what we can and cannot do.

You are expected to follow classroom rules.

# sorry

Saying, "I'm **sorry**," is a way to show that you are sad that something you said or did caused someone hurt or trouble. When we say we're sorry, it means we're going to think about our choices and not do the same thing again.

You might say you're sorry if you accidentally bump into someone.



# share

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

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



**special**

The differences between us are part of what makes each one of us **special**.

Each one of you is special in your own way. There is no one else just like YOU.



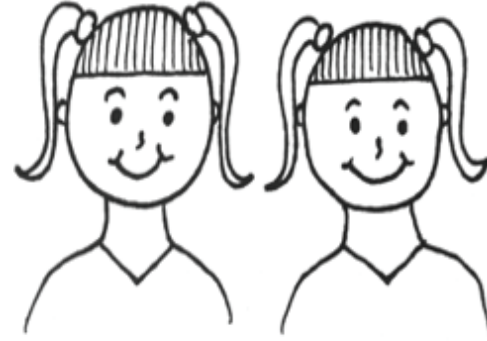
**trust**

When you **trust** someone, you believe they will do what they say and not try to hurt you.

For example, at school you can trust your teacher.



**Similar** means things are the same in some way.  
Several of you have \_\_\_\_\_ colored hair. Your hair color is similar.



**similar**

Someone who is **shy** is a little afraid or scared of being around someone or something new.  
You might feel shy when you meet someone new.



**shy**

**Soothe** is another word for comfort. We soothe someone when we do or say something to help them calm down or feel better.  
You might soothe a friend who has a cold by giving them a tissue.

**soothe**

Someone who is **upset** might feel worried, frustrated, or even angry.  
You might feel upset about missing playground time.



**upset**



**worried**

Someone who is **worried** keeps thinking about something bad that might happen.  
You might be worried about taking a test.



**happy**

Someone who is **happy** has feelings of joy.  
You might feel very happy when you get something you want.







**sad**

Someone who is **sad** is not feeling very happy.  
You might feel sad when your friend is sick.



**surprised**

Someone who is **surprised** doesn't expect  
something to happen.  
You might be surprised not to get homework  
one day.

