

Feelings: A Social Story





There are a lot of
different feelings that I
can feel.



Excited



I can feel excited when I am looking forward to doing something fun or when I am doing something that I love.



Excited

Some things that you
may feel excited for:



A new
bike



your
birthday



Happy



I feel happy when I feel good. When I am happy I laugh and smile.



Happy

Some things I may feel
happy about:



winning a
game

playing with
your friends



Confused



When I feel confused, I may not know what to do. Like if I am at school and I don't know the answer to a question.



Confused

Some things that may make me feel confused.



not knowing an answer
on my homework



having to make
a hard choice



Sad



When I am sad, I may be hurt or I might cry. It is okay to be sad and cry.



Sad

Some things that may
make me feel sad.



getting hurt



being scared



Mad

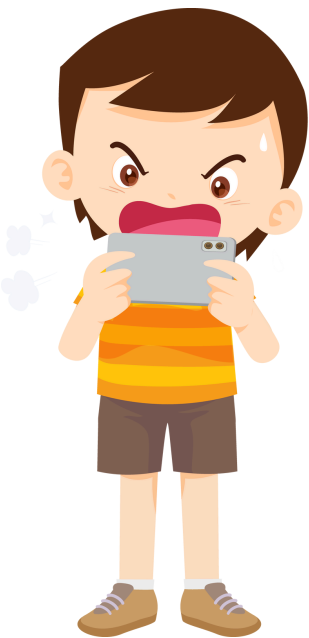


When I am mad, I feel
angry. It is ok to be mad,
but it is not okay to hit
when I am mad.



Mad

Some things that can make
me mad are



losing at my
favorite game



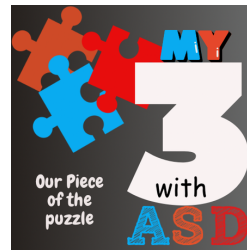
having to do something
you don't want to do



I can feel a lot of
different feelings and all
of them are okay!

Thank You!

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