You have lots of different feelings. Sometimes you feel happy. Sometimes you feel mad. Sometimes you feel sad. Do you know what makes you feel happy? Do you know what makes you mad? Play this fun game with a grown-up and learn. When you feel sad or mad, you can find healthy ways to feel better.

What You’ll Learn
When you play this game, you will learn about what makes you feel happy, mad, or sad. You’ll learn what you can do to feel better when you feel mad or sad. There are lots of things you can do to feel better when you are sad or mad. Here are 2 ideas:

1. Talk! Telling someone how you feel will make you feel better.
2. Move! Moving and playing makes your body happy. When your body is happy, you will feel better.

HOW TO PLAY
What You Need:
1. A grown-up to help you  
2. The 4 Feeling Faces Posters  
3. A pencil or crayons

Play:
1. Pick the Feeling Faces Poster with the sad face on it. Draw what makes you feel sad.
2. Now, get the next poster. What can you do to feel better when you feel sad? Circle your favorite ways to feel better.
3. Get the Feeling Faces Poster with the mad face on it. Draw what makes you mad.
4. Get the next poster. Draw what makes you feel better when you’re mad.
5. Hang up your Feeling Faces Posters so you can remember healthy ways to feel better when you are sad or mad.

Remember
When you feel sad or mad, there are lots of healthy ways you can make yourself feel better. You can move your body or talk to someone or have quiet time with a book or music. Those are great ways to feel good! Next time you are sad or mad, pick a healthy way to feel better.
What Makes Me Sad?

Draw something that makes you sad.
What can you do to feel better when you are sad?

Here are some things that can make you feel better. Circle your favorite 2 ways to feel better.

**To feel better, I like to:**

- Talk to a grown-up, friend, pet, or stuffed animal
- Get up and play
- Dance
- Read a book
- Listen to music

Hang this picture in your bedroom to remind you of what you can do when you are sad so you can feel better.
What Makes Me Mad?

Draw something that makes you mad.
What can you do to feel better when you are mad?

Here are some things that can make you feel better. Circle your favorite 2 ways to feel better.

To feel better, I like to:

- Talk to a grown-up, friend, pet, or stuffed animal
- Get up and play
- Dance
- Read a book
- Listen to music

Hang this picture in your bedroom to remind you of what you can do when you are sad so you can feel better.
Did you talk about how you feel today? Yay! Talking about how you feel is healthy. Talking about how you feel makes you feel better if you feel mad or sad. Talking is a healthy choice.

You get a prize for talking about how you feel! Here is a cool ribbon. Ask a grown-up for help to cut it out. You can wear your ribbon or hang it up for everyone to see what a good job you did! You did a great job talking about your feelings!
I talked to feel better today!
Did you get up and play to feel better today? Way to go! Did you dance to feel better today? Nice! Playing or dancing to shake off a sad or mad mood can make you feel so much better. Moving to feel better is a healthy choice!

You get a prize for moving to get rid of a sad or mad mood! Here is a cool ribbon. Ask a grown-up for help to cut it out. You can wear your ribbon or hang it up for everyone to see what a good job you did! You did a great job playing or dancing to feel better!
I played to feel better today!

I danced to feel better today!
Did you read to feel better today? Awesome! Did you listen to music to get out of a mad or sad mood? Good for you! Reading and listening to music are 2 healthy ways to get in a good mood and feel better if you feel mad or sad.

You get a prize for reading or listening to music to feel better today! Here is a cool ribbon. Ask a grown-up for help to cut it out. You can wear your ribbon or hang it up for everyone to see what an awesome job you did!
I read to feel better today!

I listened to music to feel better today!