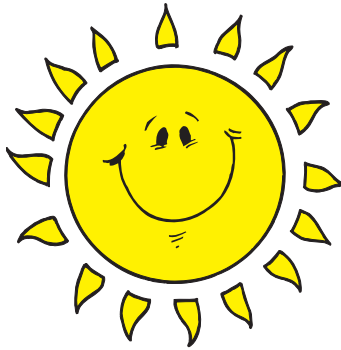


Feelings are the way we feel inside.
Our feelings can change many times each day.

Sometimes we have dark, stormy feelings when we are
mad,
scared,
or
upset.



Other times we have bright, sunny feelings when we are
happy,
excited,
or
feel good.



Our friends have feelings too.
Sometimes our friends may feel embarrassed or sad.
Other times they may feel surprised or proud.

It is important to understand how our friends feel.

Look at your friend's face or body to get a clue,
or look at what your friend is doing
to help you figure out why he feels this way.

Can you tell how your friend feels?



She feels embarrassed.

Why?



Because she spilled her paint and the other children are laughing at her.