

How are you feeling today?

Everything we do and every thought we have comes with a feeling. Sometimes those feelings feel good and sometimes they feel nasty.

Some feelings are strong and some feelings are weak. We hardly notice the weak ones. When we feel something, we can choose what to do about that feeling. Sometimes we decide to ignore it and it goes away but other times it takes over and we cannot think about anything else.



Why not dip into this book to give you some ideas about how to deal with lots of different feelings.

If you are feeling ...



... happy

turn to page 6.



... angry

turn to page 8.



... bored

turn to page 10.



... worried

turn to page 12.



... sad

turn to page 14.



... excited

turn to page 16.



... grumpy
turn to page 18.



... scared
turn to page 20.



... quiet
turn to page 22.



... jealous
turn to page 24.



... embarrassed
turn to page 26.



... shy
turn to page 28.