

Feelings TAB BOOK

- ✓ FUN
- ✓ PERSONAL
- ✓ NO-PREP



Feelings Tab Book

Thanks for purchasing this product!



Teaching social-emotional skills doesn't have to be difficult! With Tab Books, students' drawings, writing, and graphic organizers come together to create a customized book they can be proud of and use a reference whenever they need reminders! Great on their own or as part of an [Interactive Notebook](#), Tab Books are a tried and true way to get your students excited about learning - with little to no prep for you!

This book helps students learn how to recognize and cope with a variety of emotions. There are 8 different feelings total, but books can be made with 4 or 8 pages to suit your students best.

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Social Superstar Game

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Enjoy!





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FEELINGS

Names _____

Cut out each page along the dotted lines. Then staple along the top.

What are
FEELINGS?

happy Angry

excited

Proud Sad

THESE MAKE ME HAPPY:

people

places

things



HAPPY

Think about the people, places, and things that make you feel the happiest. Then, draw or write them in the table above!



HOW NERVOUS FEELS:

Describe how your body feels:



How can
YOU
stay calm?



NERVOUS

Write about how your body feels when you are anxious or nervous. Then, draw or write two ways you can stay calm in the boxes.