

Stage 1 & 2



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HEALTH
MONTH
OCTOBER

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I feel
happy



I'm riding my bike in the park. It's a sunny day.



I feel
sad



My two friends are sick today and I have no one to play with at lunchtime.



I feel
angry



My little sister just ripped my homework sheet into pieces.



I feel
surprised



I have a yummy treat in my lunchbox today.

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I feel
nervous



I'm starting a new school
next term, and I don't
know anyone.



I feel
calm



I'm standing in my
backyard with my feet on
the grass, looking at
a bird in a tree.



I feel
proud



I got a merit certificate
awarded at Assembly.



I feel
guilty



My table group has the
least points, so we have
to wait to go out to play
till everyone else has left
the classroom and it
was all my fault.

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I feel
jealous



Sam got a new game.
I really wanted it now
they have it and I don't.



I feel
worried



My dog ran away during
a storm when no one
was at home. Now we
can't find him.



I feel
embarrassed



The class are singing
happy birthday to me.



I feel
frustrated



My homework task is
difficult and I'm finding
it hard to do.