

Stage 3 & 4



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I feel
happy



I'm lying on the sofa
listening to my music,
everything in the house is
peaceful and quiet.



I feel
sad



My pet died. My dog was
the same age as me but
that's old in dog years.
I really miss him.



I feel
angry



I was walking past a
group who were playing
a ball game and I got hit
in the face with the ball.



I feel
surprised



I bought a ticket in
the school raffle, and
I won a prize.

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I feel
nervous



I'm at a fun park with my friends, and they want to go on a scary ride, and I don't want to.



I feel
calm



I went for a run around the park. Now I'm doing some stretches and taking a few deep breaths.



I feel
proud



My artwork has been selected for a regional art show.



I feel
guilty



Someone else got blamed for something that I did.

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I feel
jealous



A friend is having a party, and I didn't get invited although another friend did.



I feel
worried



I'm worried that I'm not going to get a good mark on my assignment.



I feel
embarrassed



I'm performing on stage at a school concert with my music group. My family are waving at me from their seats.



I feel
frustrated



I've been asked to move seats in class because I was talking to my friend.