

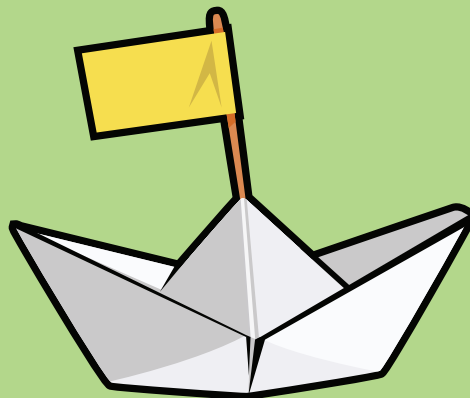
EVERYBODY

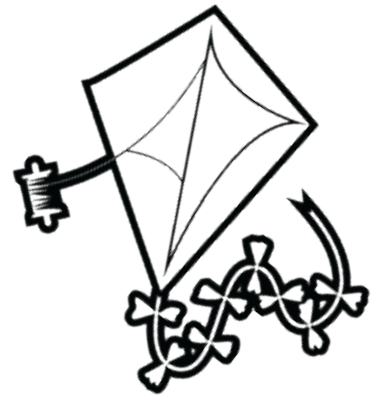


FEELS



An Activity Book

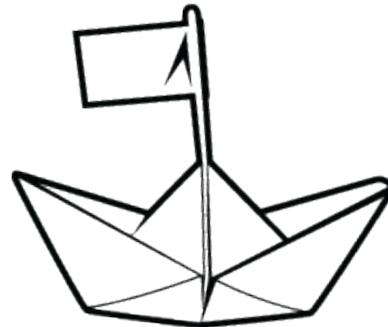
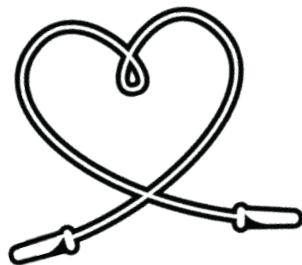




EVERYBODY



FEELS

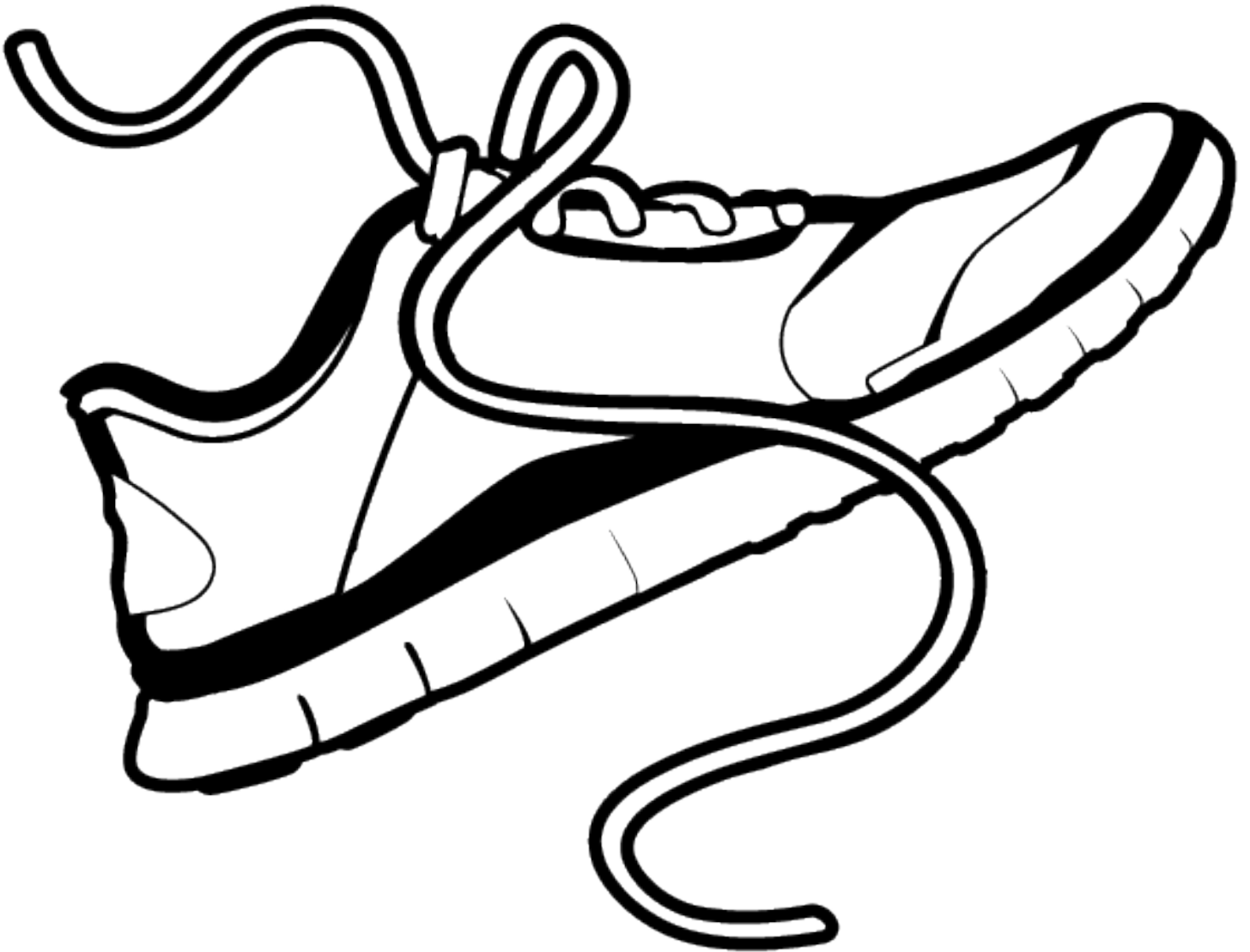


**An activity book to help you learn
about what makes you feel good!**

HELLO
my name is

AND TODAY, I'M FEELING...

I'M A SNEAKER!



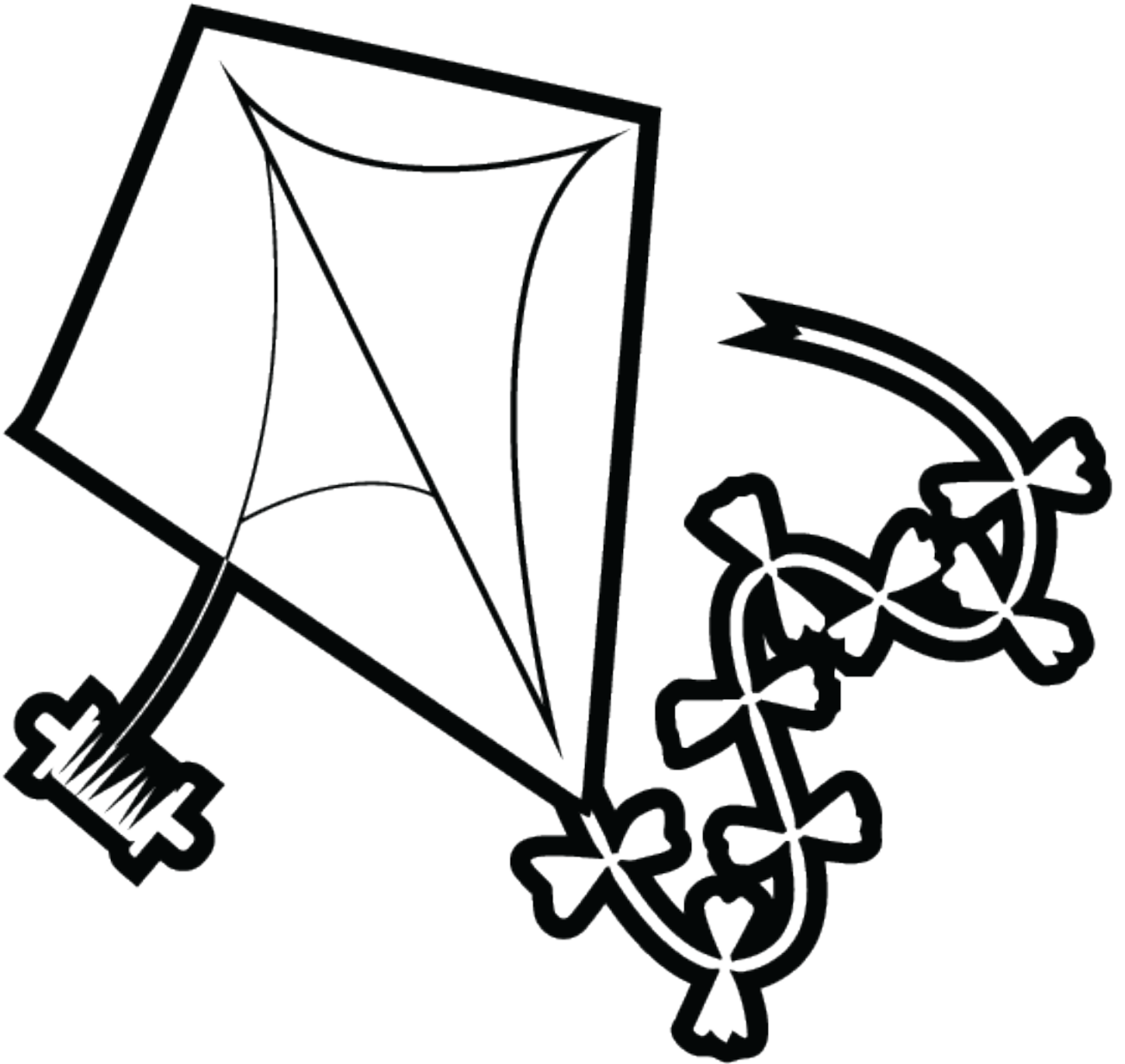
**Physical activity is good for your heart
and can make you feel happier.**

I'M A PLANT!



Spending time outside with plants and animals can make you feel better.

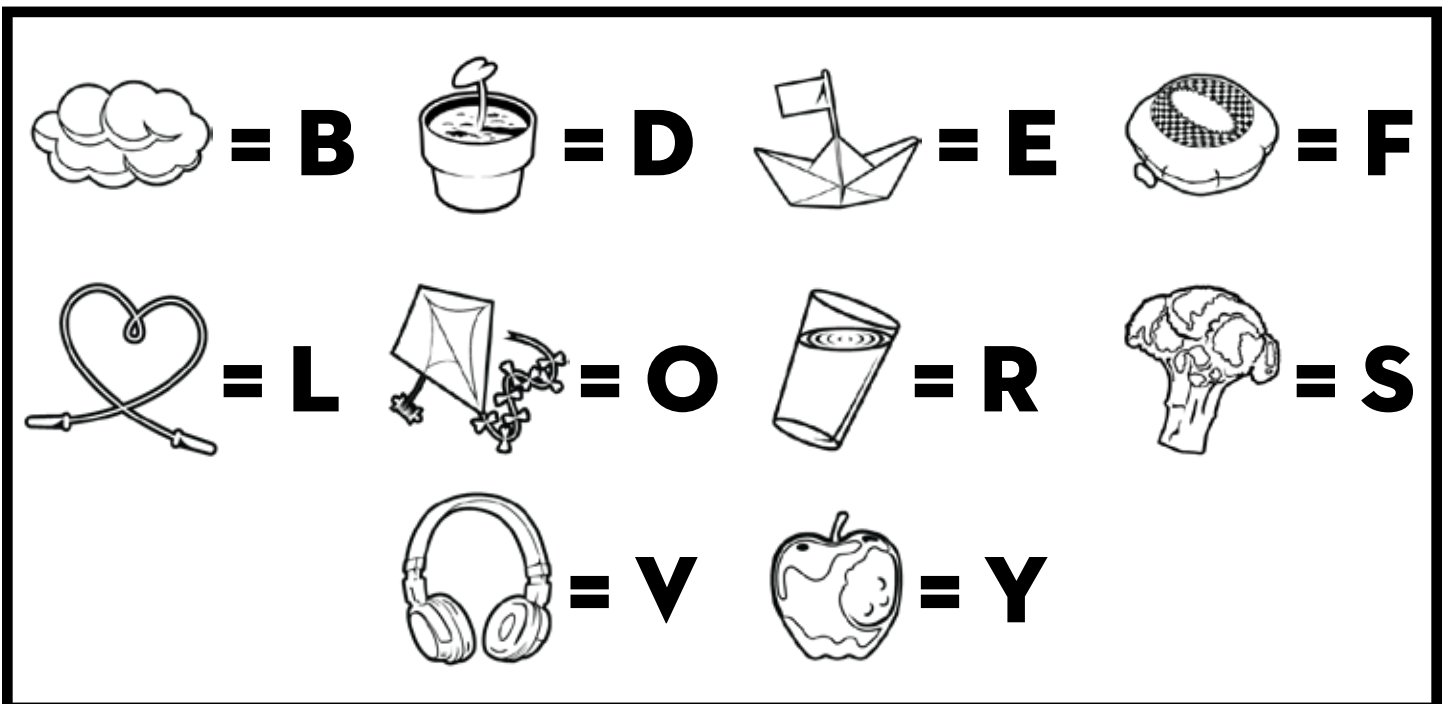
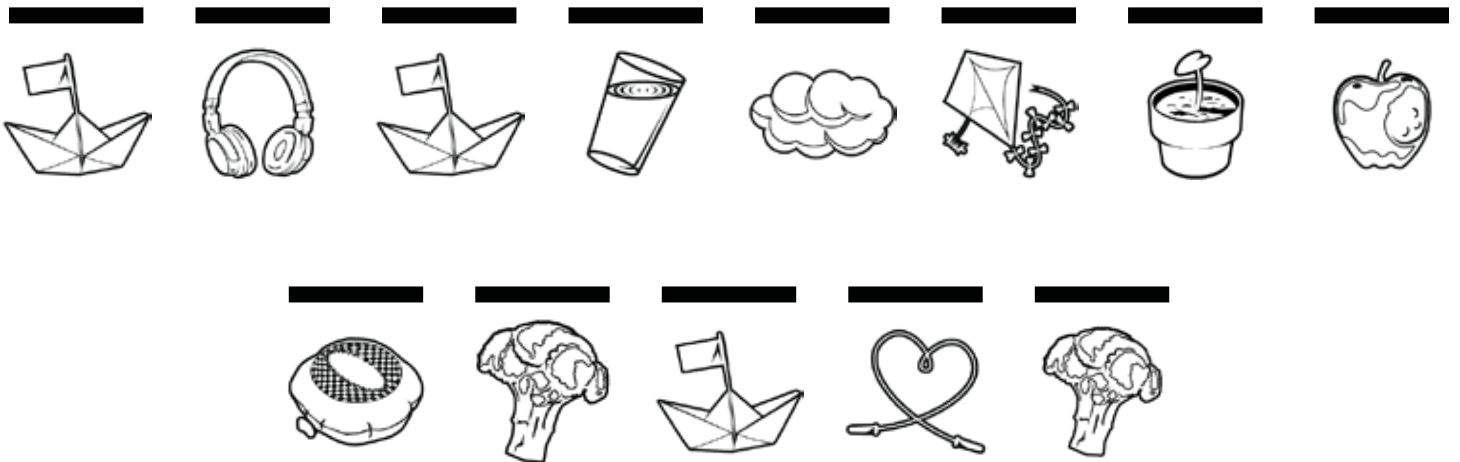
I'M A KITE!



Playing outside with friends and family is fun! Try flying a kite or playing a game.

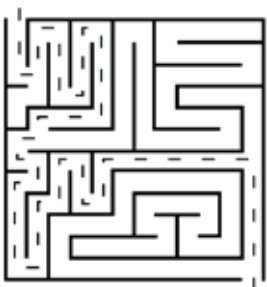
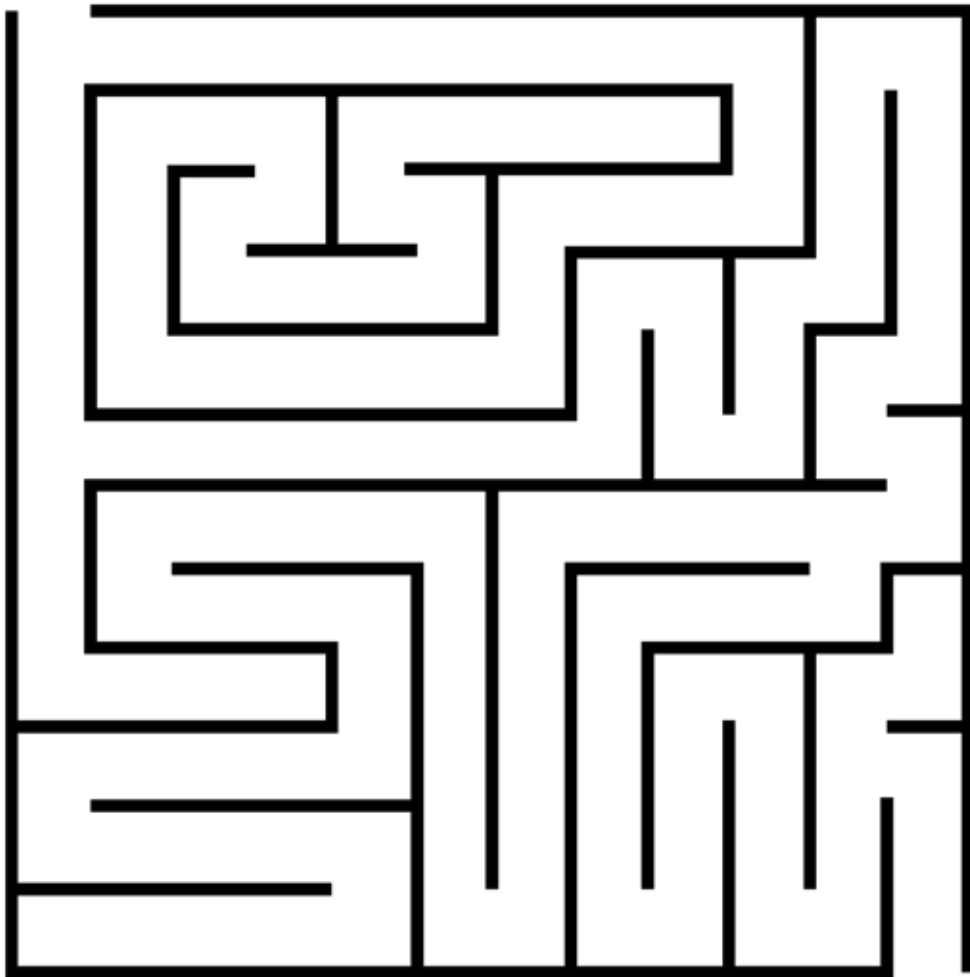
Decode the Message!

USE THE KEY TO FILL IN THE SPACES WITH THE CORRECT LETTERS TO REVEAL A MESSAGE



A-maze-ing!

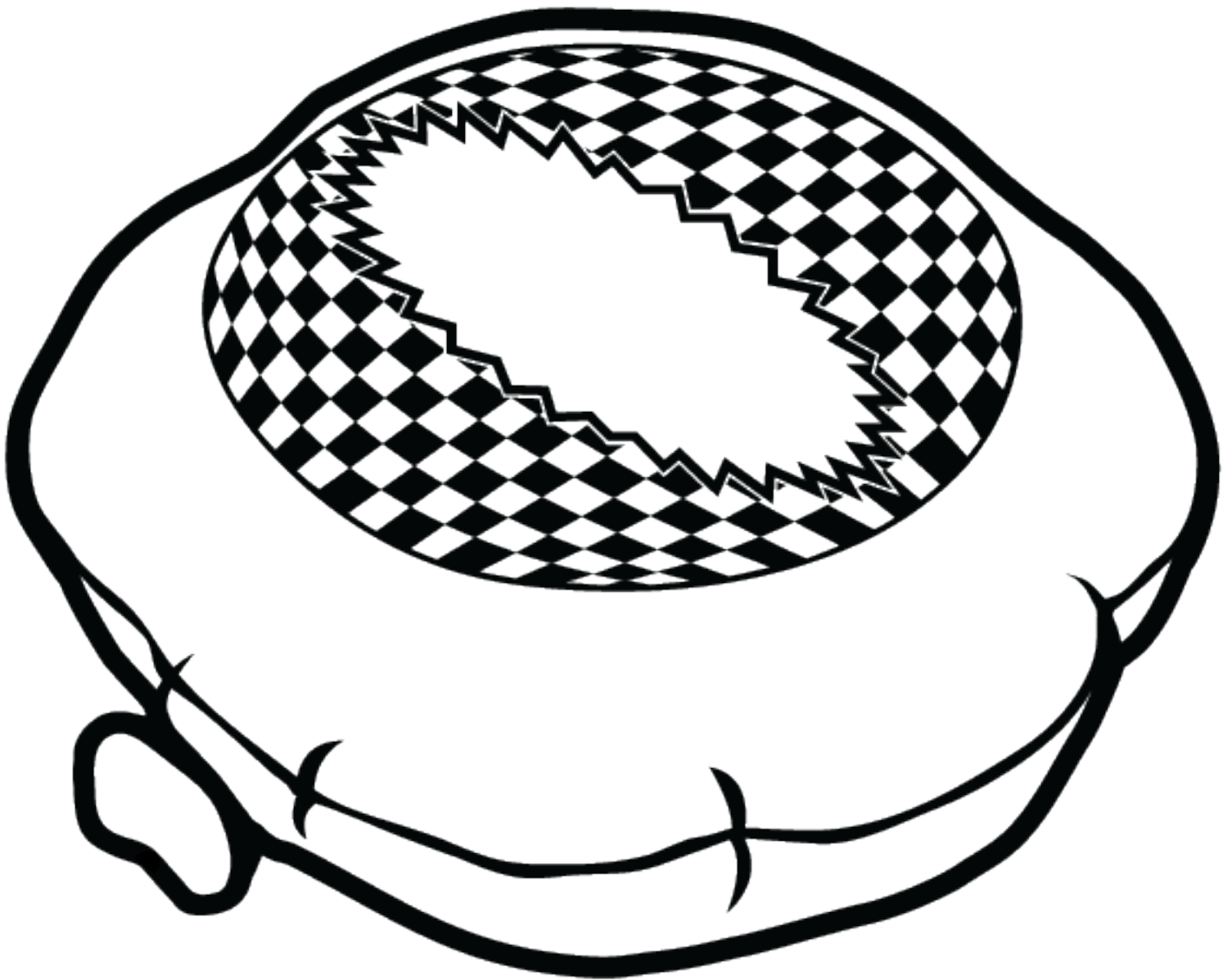
PLAYING OUTSIDE FEELS GOOD! CAN YOU HELP THE SNEAKER GO TO THE PARK?



ANSWER:



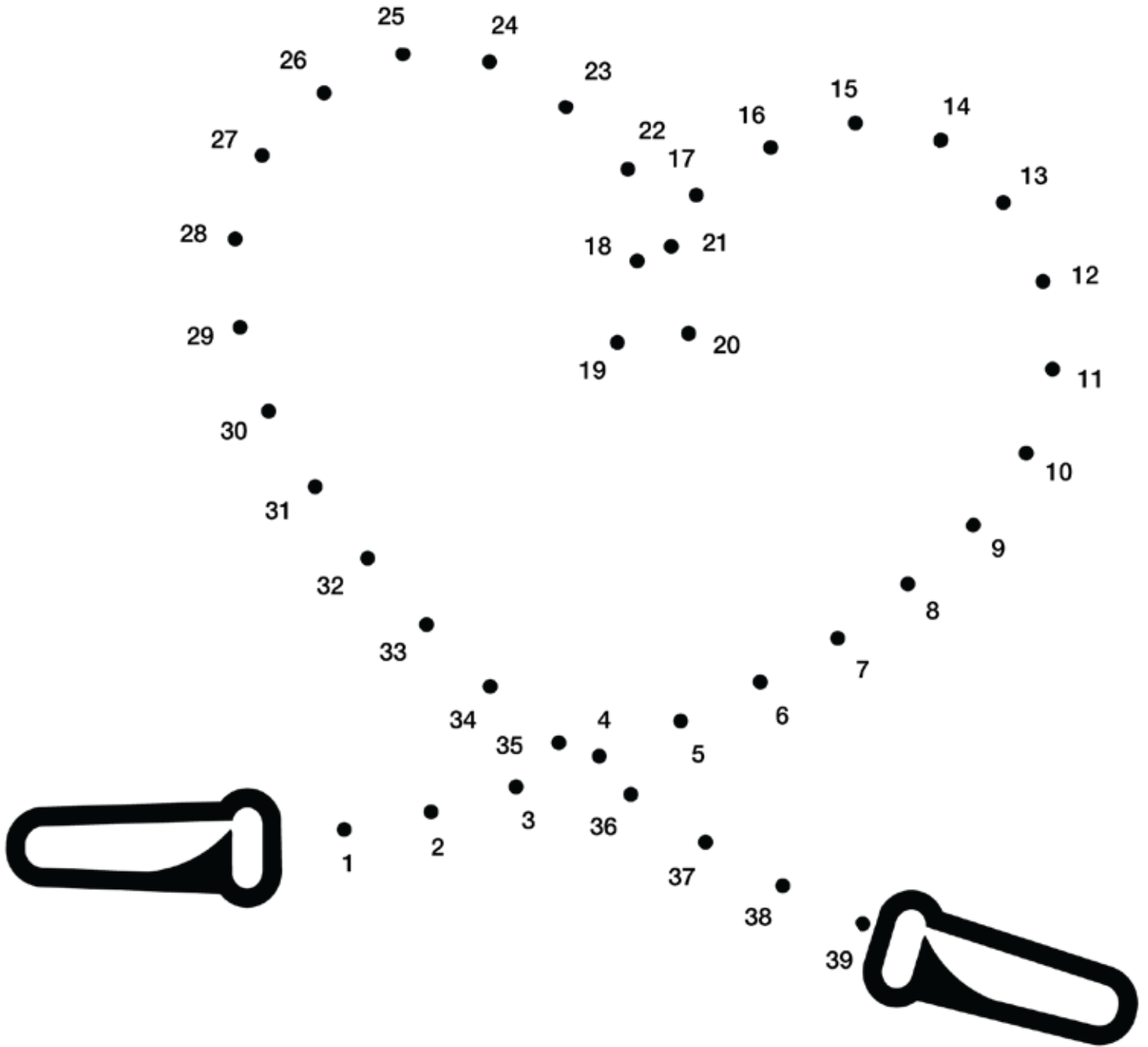
I'M A WHOOPIE CUSHION!



**Are you a little bit goofy? That's good!
Laughter is a great way to feel better.**

WHAT IS THIS?

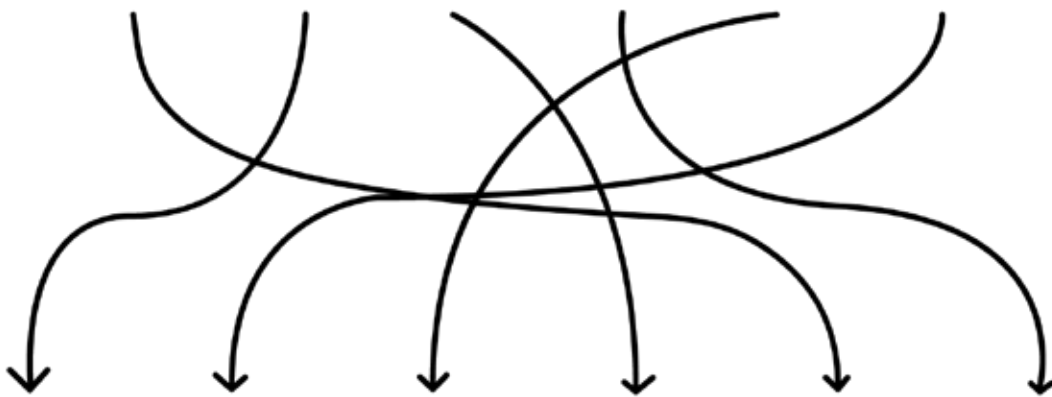
Connect the dots to find out!



What does this say?

FOLLOW THE LINES TO PUT THE LETTERS IN THE RIGHT PLACE TO REVEAL A MESSAGE

N C I G R A



Being kind to yourself and others can feel good!

WAYS TO BE KIND TO YOURSELF:

Play with friends

Eat fruits and veggies

Take deep breaths when
you're feeling sad or mad

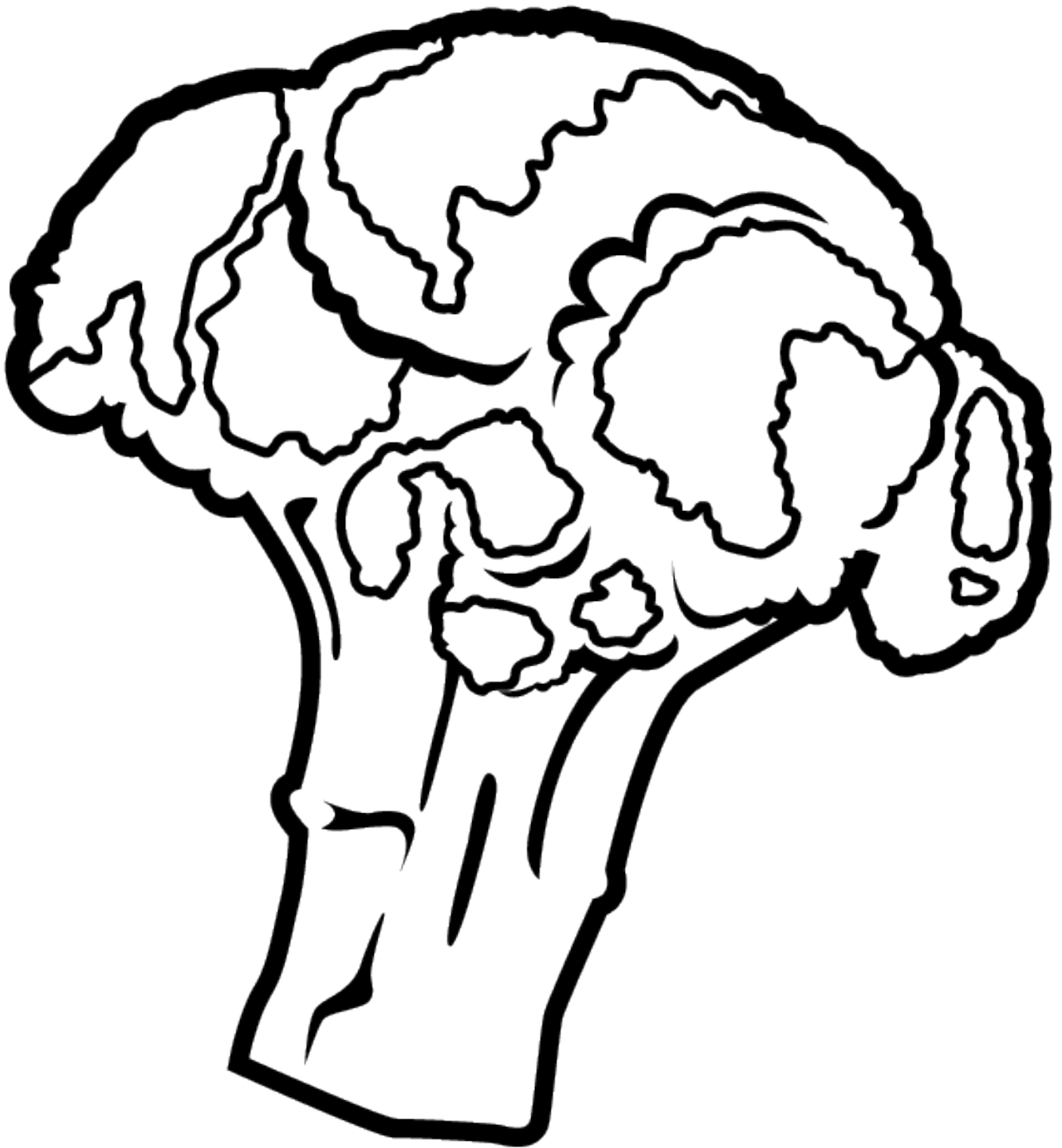
WAYS TO BE KIND TO OTHERS:

Help someone

Do something nice

Say something nice to a
friend or family member

I'M BROCCOLI!



**Eating lots of veggies and fruits is good for
your body and your mood!**



Word Search



CAN YOU FIND THESE 10 WORDS?

APPLE

BROCCOLI

FRUIT

BODY

FAMILY

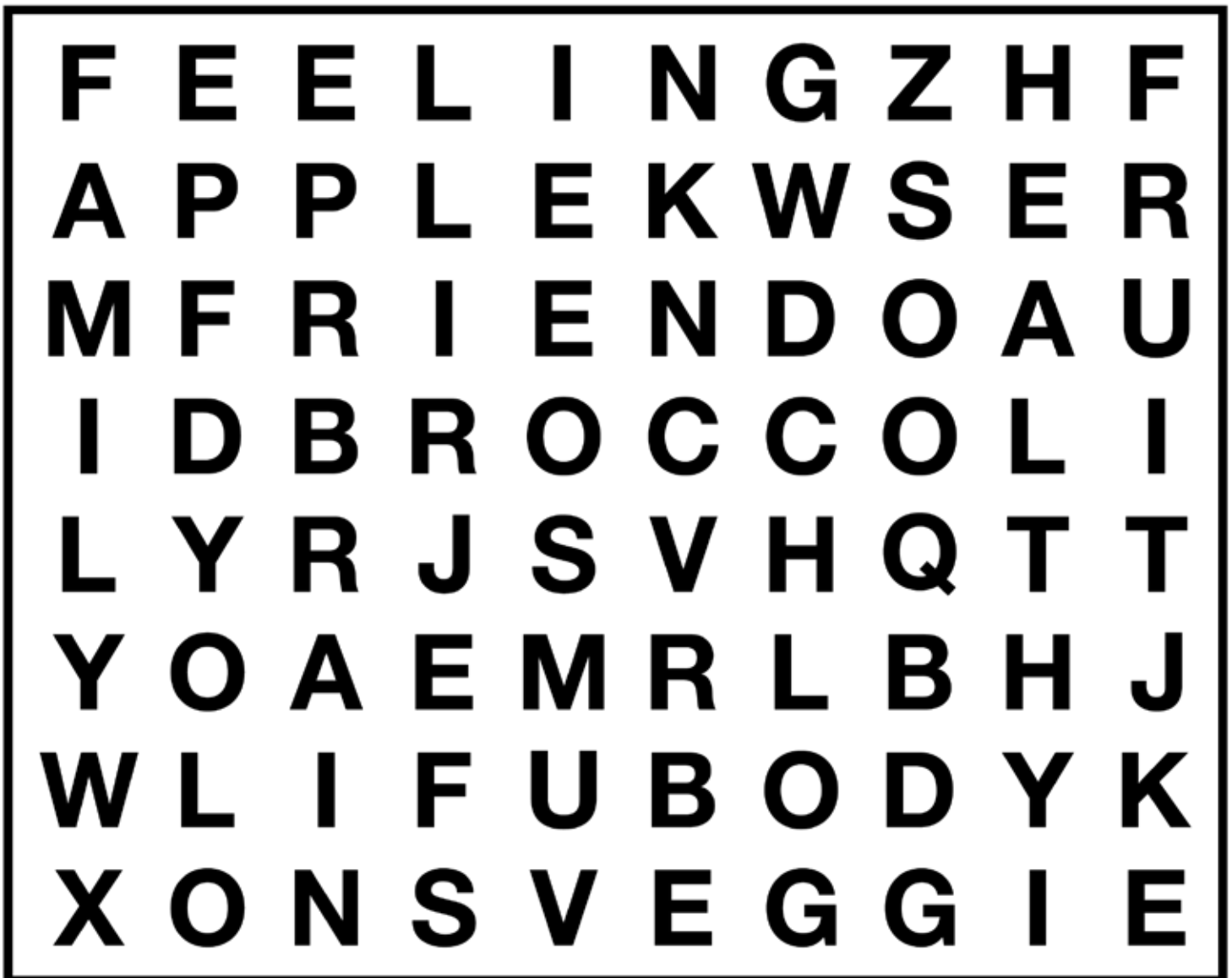
HEALTHY

BRAIN

FEELING

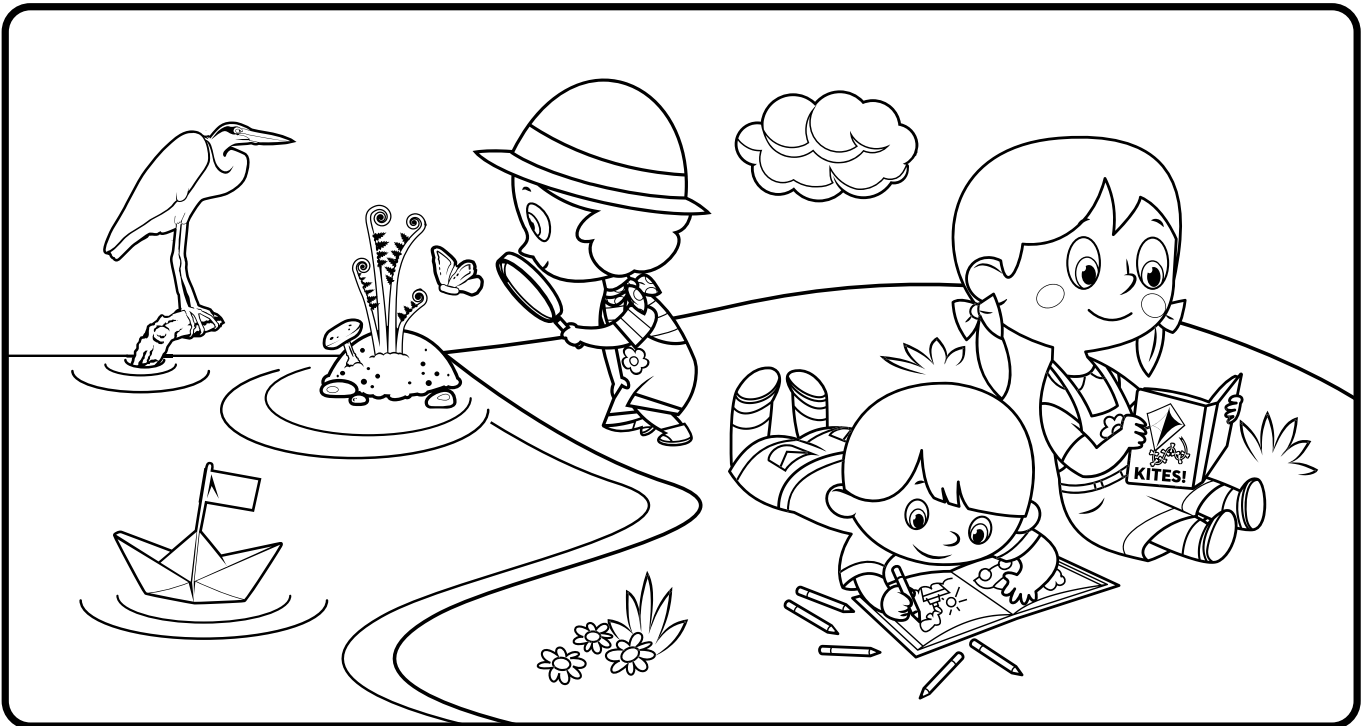
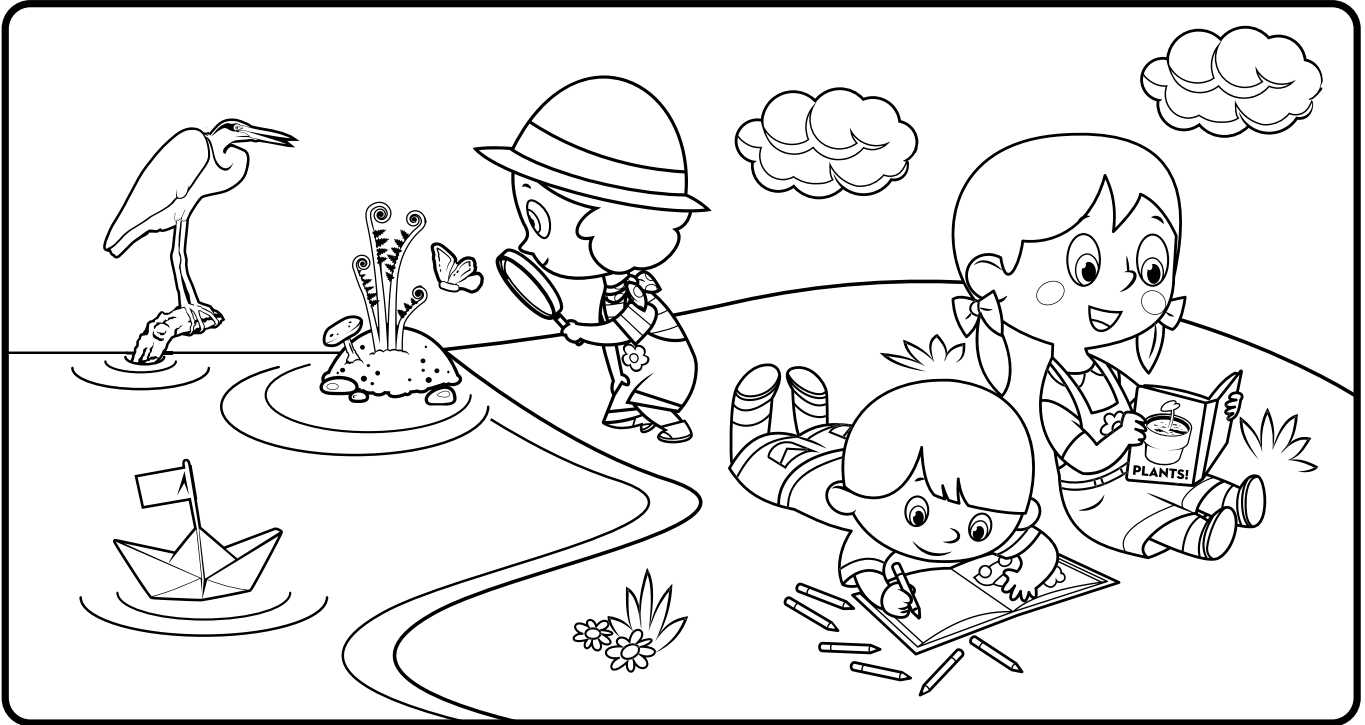
VEGGIE

FRIEND



Spot the differences!

THERE ARE 7 DIFFERENCES IN THESE PICTURES,
CAN YOU FIND THEM ALL?



ANSWER: THE DIFFERENCES ARE IN THE NUMBER OF CLOUDS, THE BIRD'S BEAK, THE BOAT'S FLAG, THE PICTURE ON THE GIRL'S BOOK, THE NUMBER OF FLOWERS, THE BOY'S COLORING PAGE, AND THE GIRL'S SMILE.

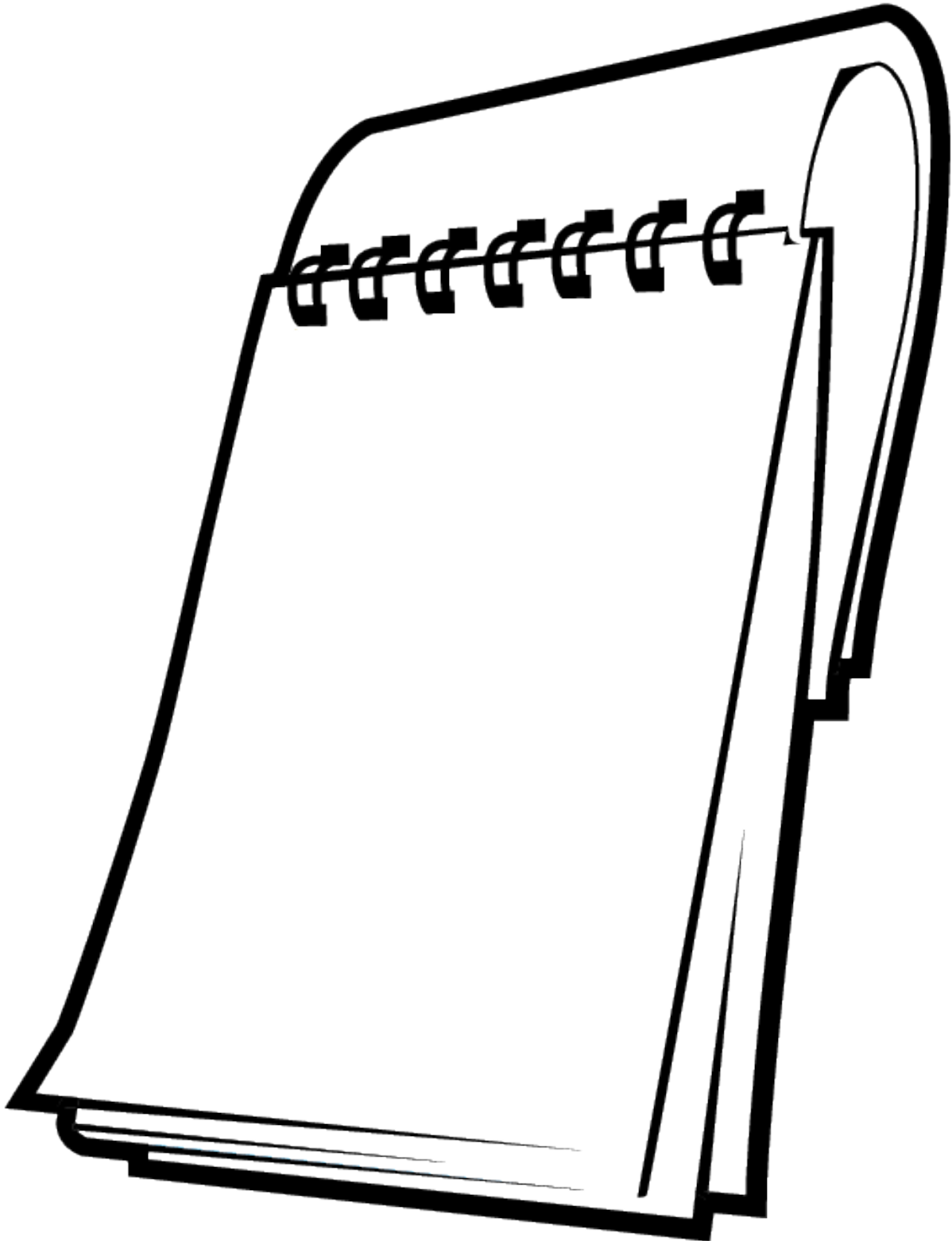
I'M HEADPHONES!



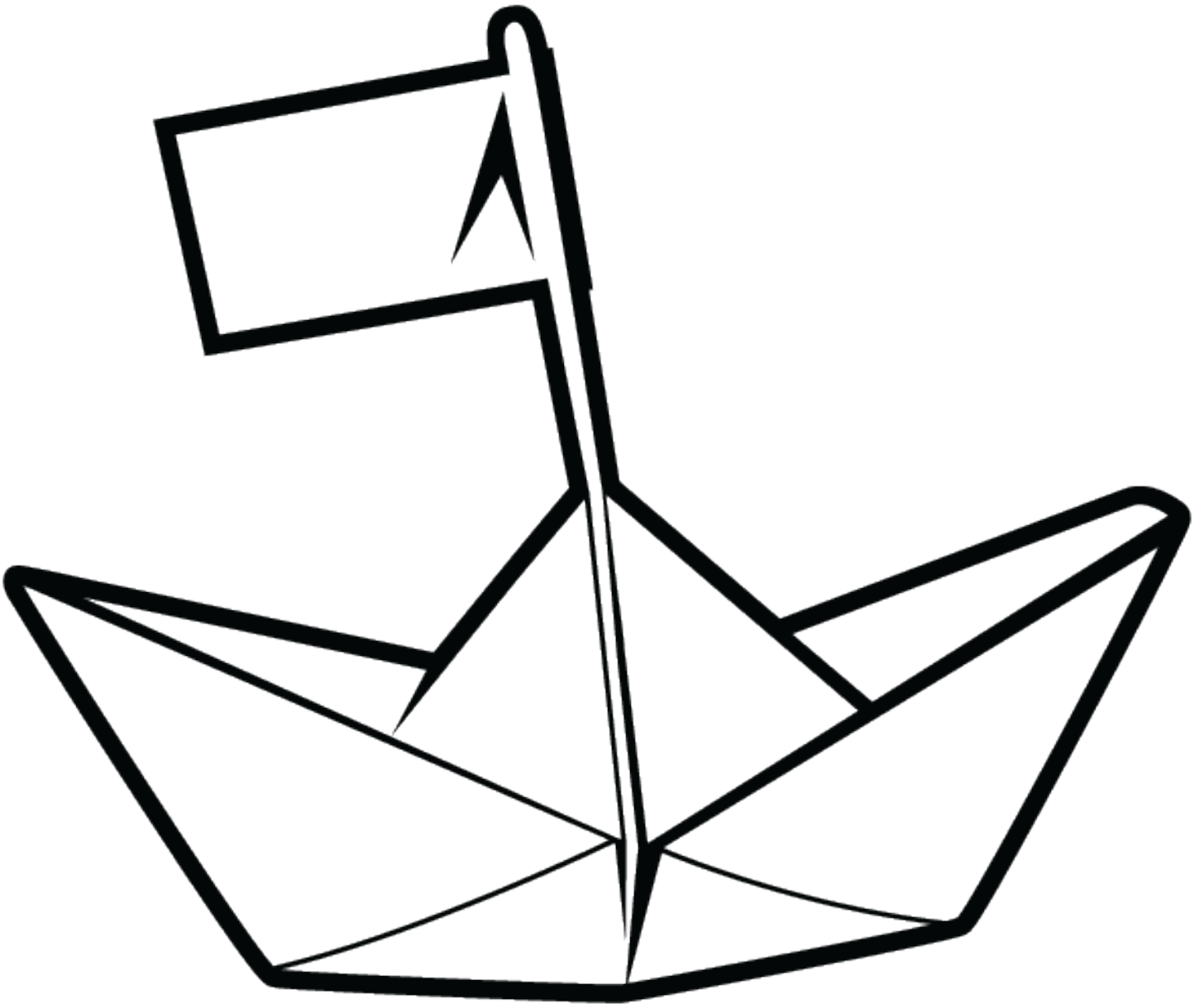
Music can change your mood! Try listening to a song when you're feeling sad or mad.

Draw what you want!

MAYBE DRAW WHAT MAKES YOU FEEL GOOD



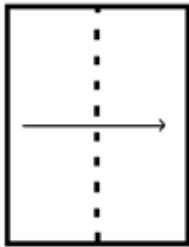
I'M A BOAT!



Arts and crafts are one way to show how you feel. Use your hands to make something!

Make your own boat!

With a parent or teacher, remove the last page of this book to make a paper boat!



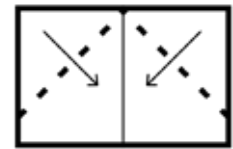
STEP 1

Fold your paper in half.



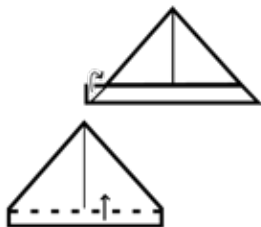
STEP 2

Unfold the paper, then fold in half the other direction.



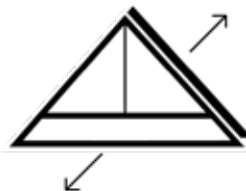
STEP 3

With the fold open towards you, fold the corners in to meet in the center line.



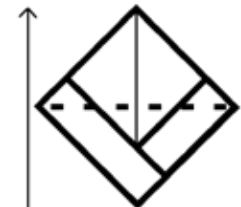
STEP 4

Grab the flap at the bottom facing you and fold it up against the triangles, then fold the edges over the triangle. Flip the paper over and repeat on the other side.



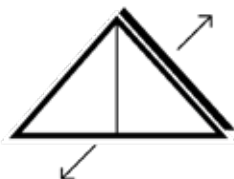
STEP 5

Use your fingers to open the bottom of the triangle. Gently pull the sides away from each other and flatten into a diamond.



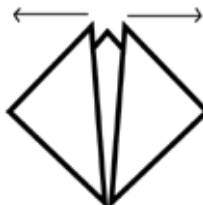
STEP 6

Take the bottom front point and fold up to meet the top front point. Flip the paper and do the same to the other side.



STEP 7

Once again, use your fingers to open the bottom of the triangle. Gently pull the sides away from each other and flatten into a diamond.



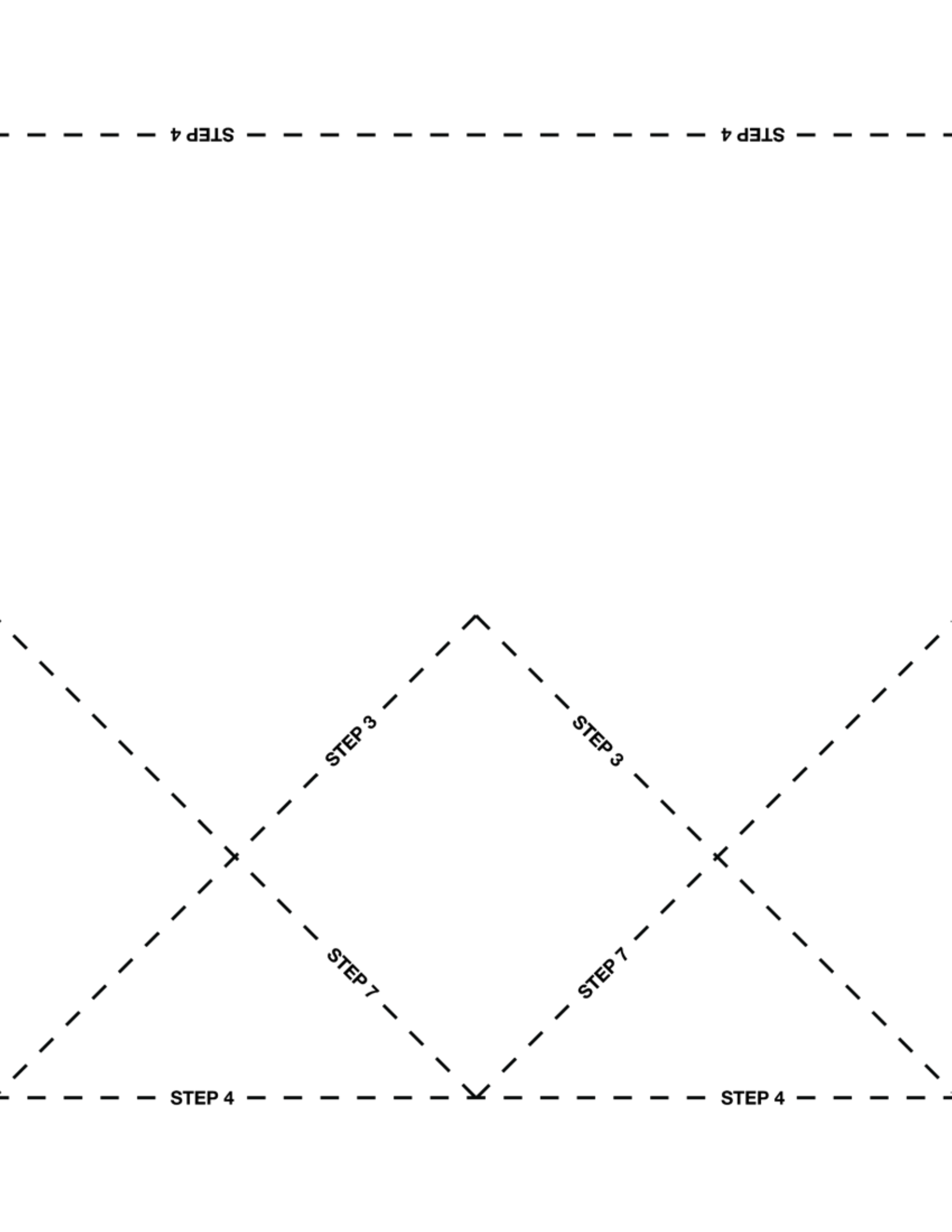
STEP 8

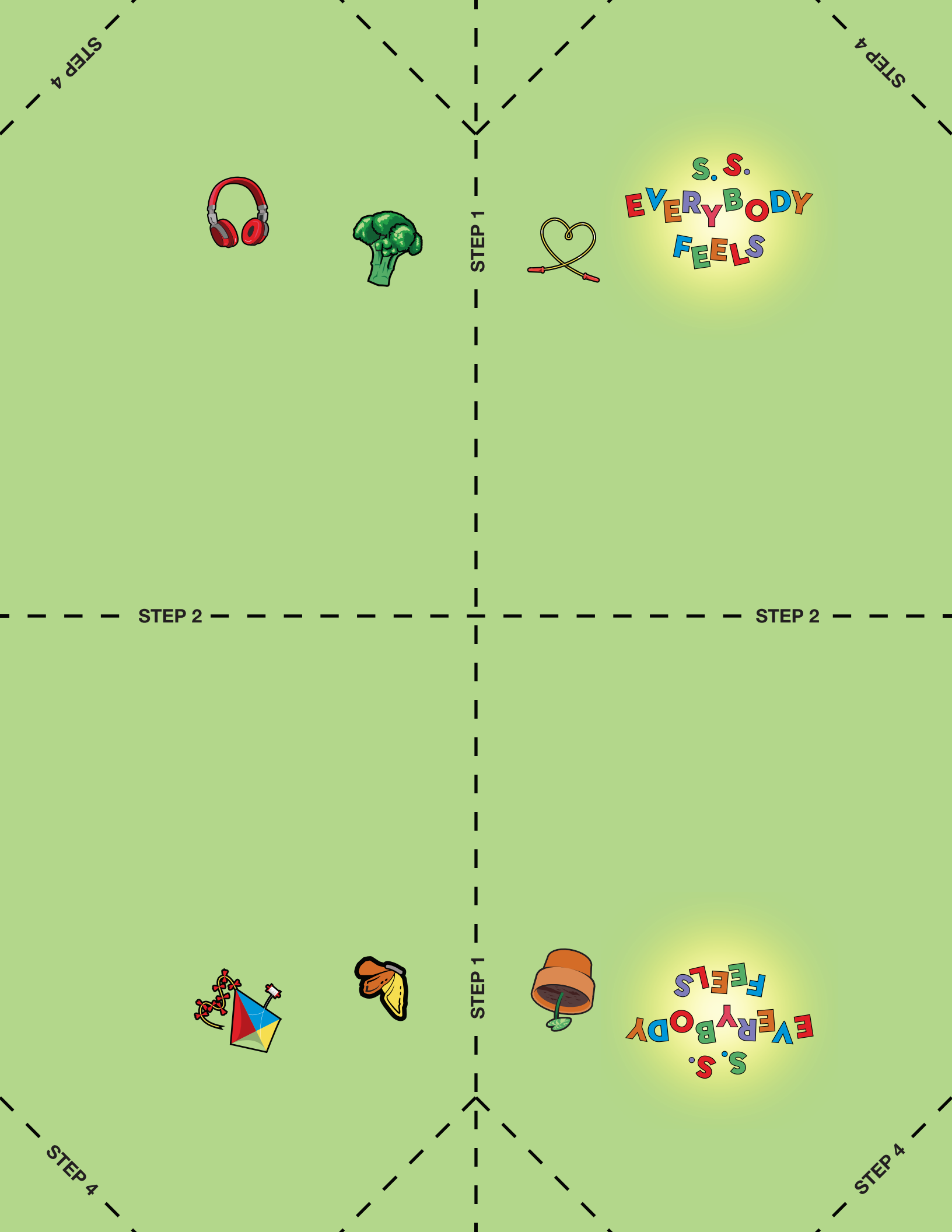
Gently pull the top points away from each other like this, then crease the bottom. You might need to pull the center point up.



YOU HAVE A BOAT!

Now you can float your boat! Use the instructions to make more boats - you can even try coloring or drawing on the paper to add decoration to your creations!



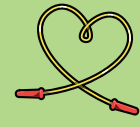


STEP 4

STEP 4



STEP 1

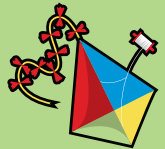


S.S.
EVERYBODY
FEELS

STEP 2

STEP 2

STEP 1



S.S.
EVERYBODY
FEELS

STEP 4

STEP 4