Feeling Photos

~ for use with activities in the book titled ~

Socially Strong, Emotionally Secure: 50 Activities to Promote Resilient in Young Children,
by Nefertiti Bruce and Karen B. Cairone with the Devereux Center for Resilient Children

To order this resource, go to www.gryphonhouse.com.
Oh boy is Emily excited! Emily’s birthday is coming up and she can’t wait. All of her family and friends are coming over for her birthday party.

Feeling excited means feeling really happy – like you want to jump and shout with joy.
Naheema feels nervous. A new visitor has come to her classroom to read a story to the class.

Feeling nervous means you feel unsure or worried about something.
Lincoln and Leslie are best friends. This friendship makes them feel loved.

Feeling loved means you feel like someone really cares about you.
Pauline feels **proud**. Pauline worked very hard to make this art project.

Feeling **proud** means you feel good about yourself or something you have done.
Sabrina feels **surprised**. Her grandmother has just brought her a brand new stuffed animal.

A person feels **surprised** when something happens that they didn’t know was going to happen.
Tired Tiffany

Tiffany feels **tired**. She is ready to take a nap.

Feeling **tired** means you feel sleepy or like you don’t have very much energy.
Hanna feels **happy**. It's a beautiful day outside and Hanna loves to play outside.

Feeling **happy** means you have feelings of great joy and pleasure.
Lionel feels **lonely**. All of his friends are outside playing, but Lionel’s mother said he could not go outside to play.

Feeling **lonely** means you feel alone or missing someone you love or care about.
Adam feels **angry**. Adam wants to use red paint but there is only yellow paint left.

Feeling **angry** means to feel painfully hurt, upset or really mad.
Ariana feels afraid. She wants to go down the sliding pole but has never done it before.

Feeling afraid means to feel scared, like something bad might happen.