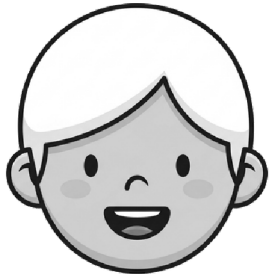
Feelings

An interactive adapted book



I feel _____.

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Cut on this line.

How to build this book

You need

- This printout, at 100% size
- Scissors
- Velcro coins or glue
- Laminator or sheet protectors
- Binding: spiral, rings, or a 3-ring binder

Check first

The square on the card page should measure exactly 1 inch. If it does not, reprint at 100%.

Classic build: laminate every page and every card. Put soft velcro in the page boxes and rough velcro on the card backs. Cut the pages on the dashed line, keep the last page whole, and bind on the left.

No laminator? Slide the pages into sheet protectors in a 3-ring binder and stick the velcro to the protectors.

No velcro? Print once and let your child glue each card in its box, or skip the cards and have them point to or say the answer.

Two ways to read: start with the cards on the choice grid and match them to the pages, or start with them on the pages and match them back to the words. The book never needs resetting.

AAC users: your child can answer on their device. Tap each word of the sentence as you read it together.

Small pieces. Stay with young children while they use this book.

Cut on this line.

How to use this book

Reading

You read, they read: the adult reads the top line, the child reads or says the big sentence at the bottom. Tap each word as it is read.

Level 1: the child reads only the bottom sentence.

Level 2: the child reads the whole page.

Moving the pieces

Level 1: find the picture on the choice column and move it into the box on the page.

Level 2: take the picture off the page and match it back to its word on the choice column. The word hides under the card, so a correct match checks itself.

The choice column stays in view on every page, so the book never needs resetting: just read it in the other direction next time.

Helping without taking over

Wait five seconds before helping. Model the match once, then let your child try. Praise the reach, not just the right answer.

AAC and devices

Your child can answer on their device while you tap the printed words. The sentence starter mirrors phrases many AAC users practice every day.

Keep it going

Match faces in a mirror while you read.
Name one time your child felt each feeling.
Ask: what helps when you feel this way?

Cut on this line.

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I smile and laugh.

I feel **happy**.

Cut on this line.

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I might cry *a* little.

I feel **sad**.

Cut on this line.

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My voice gets loud.

I feel **angry**.

Cut on this line.

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I want to hide.

I feel **scared**.

Cut on this line.

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I want to jump and cheer.

I feel **excited**.

Cut on this line.

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My tummy feels tight.

I feel **worried**.

Cut on this line.

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My body is still and easy.

I feel **calm**.

Cut on this line.

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I want to rest my head.

I feel **tired**.

happy	**sad**
angry	**scared**
excited	**worried**
calm	**tired**

Do not cut this page.

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Cut out the cards. Add velcro to the back of each one.

This square measures 1 inch.
Print at 100%, actual size.

happy

sad

angry

scared

excited

worried

calm

tired