

## Completed How Would You Feel Activity

Statements	How might this person feel? Why?	What strategy might help them? Why?
A	<p>When Learner A starts a new grade in September, they might feel...</p> <ul style="list-style-type: none"> <li>Excited! But also, a little scared to meet new people, new teacher, new friends, and a new class.</li> </ul>	<ul style="list-style-type: none"> <li>Mindful breathing.</li> <li>Try making new friends.</li> <li>They can talk with a teacher or another trusted person.</li> </ul>
B	<p>When someone won't play with Learner B, they might feel...</p> <ul style="list-style-type: none"> <li>Sad and lonely.</li> </ul>	<ul style="list-style-type: none"> <li>Sometimes they need some time by themselves.</li> <li>They can talk with a teacher or another trusted person</li> </ul>
C	<p>When Learner C has a fight with their friend, they might feel...</p> <ul style="list-style-type: none"> <li>Frustrated and angry.</li> </ul>	<ul style="list-style-type: none"> <li>Sometimes they need some time by themselves.</li> <li>They can talk with a teacher or another trusted person.</li> <li>The friends might give each other a bit of time, then try to talk about it.</li> </ul>