Child Form 9.1

All About Feelings

- Having feelings is normal. All of us have feelings.
- Feelings are inside us. You don’t see them.
- People may feel differently about the same thing.
- Some feelings are pleasant and some are unpleasant, but all feelings are ok to have and talk about.
- Feelings are important and important to learn about.
- Feelings can change, especially when we understand something better (that is, when we know more about it).
- We can tell about someone’s feelings by:
  - Looking
  - Listening
  - Asking Questions