Newmark LEARNING

I Have Feelings

My Happy Day



by Julia Giachetti • illustrated by Helen Poole

Social Emotional My Self Learning Foundations™

Set Theme: I Have Feelings

Build Social and Emotional Intelligence

Use these tips to foster feelings of happiness in children:

- Teach positive thinking, which helps children control their moods.
- Build self-esteem. Children who feel good about themselves have a more positive attitude and outlook.
- Teach habits that have been proven to increase happiness and well-being, such as exercise and healthy eating.

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For Review Only

How to Read This Book with Children

1. Read aloud the title. Discuss what it means to feel happy.
2. Read aloud the book with children.
3. Talk about the characters' actions as you read.
4. Ask children to describe how the characters feel, and explain how they can tell.
5. After reading, use the Real-World Wrap-Up prompts to discuss the photograph.
6. Guide children to connect the story to their own experiences.



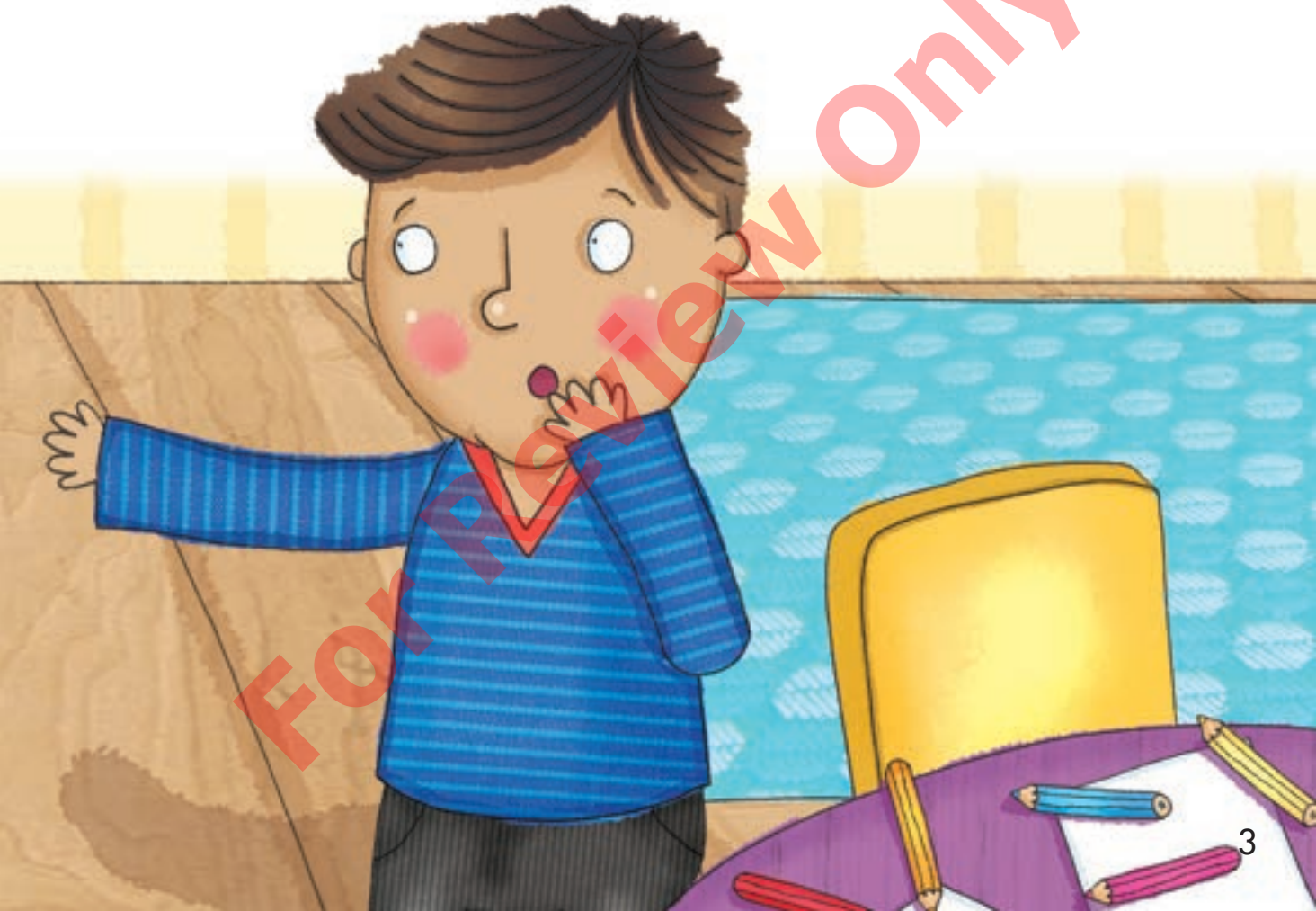
Olivia

I could not wait for my mom to pick me up from school. I got my bag and everything as fast as I could.



For Review Only

“What’s the hurry, Olivia?” Mr. Tom asked.



For Review Only

"I'm going to my grandparents' house after school," I said. "And Mom said they have a big surprise!"



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“Here’s your mom now,” Mr. Tom said. “Be sure to tell us about the surprise tomorrow!”



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When we got to my grandparents' house, Mom told me to open the front door carefully.



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Before I could ask why, a puppy jumped up on me!



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Real-World Wrap-Up

My Thoughts:

How does this girl feel? How can you tell?



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My Feelings:

What makes you feel happy?



My Happy Day

Olivia is very happy because her grandparents have a big surprise for her. Will this be her best day ever?

Social Emotional My Self Learning Foundations™

Social and emotional intelligence comprises the abilities and character traits that enable people to work with others, learn effectively, and play important roles in their families and communities.

I Have Feelings

The books in this set help children recognize and understand feelings.



Look for the other sets in this series.

I Get Along with Others



I Am in Control of Myself



I Believe in Myself



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