

THE SUPER 6

SOCIAL STORIES

EMOTIONS



**Sometimes, I feel different
things inside my body.
These are called emotions or feelings.**



All feelings are OK.
Everyone feels different emotions.



😊 **Happy** – When I smile,
play with friends, or get a hug.
Happy feels warm and fun!





**Sad – When I lose
a toy or get hurt.**

**Sad feels like I want to cry or be
alone.**





Angry

When someone says “no”
or takes my toy

Angry feels
hot, and
I might
want to
yell.





Scared

When I hear a loud
noise or it's dark.

Scared feels like I
want to hide
or hold
someone's
hand.

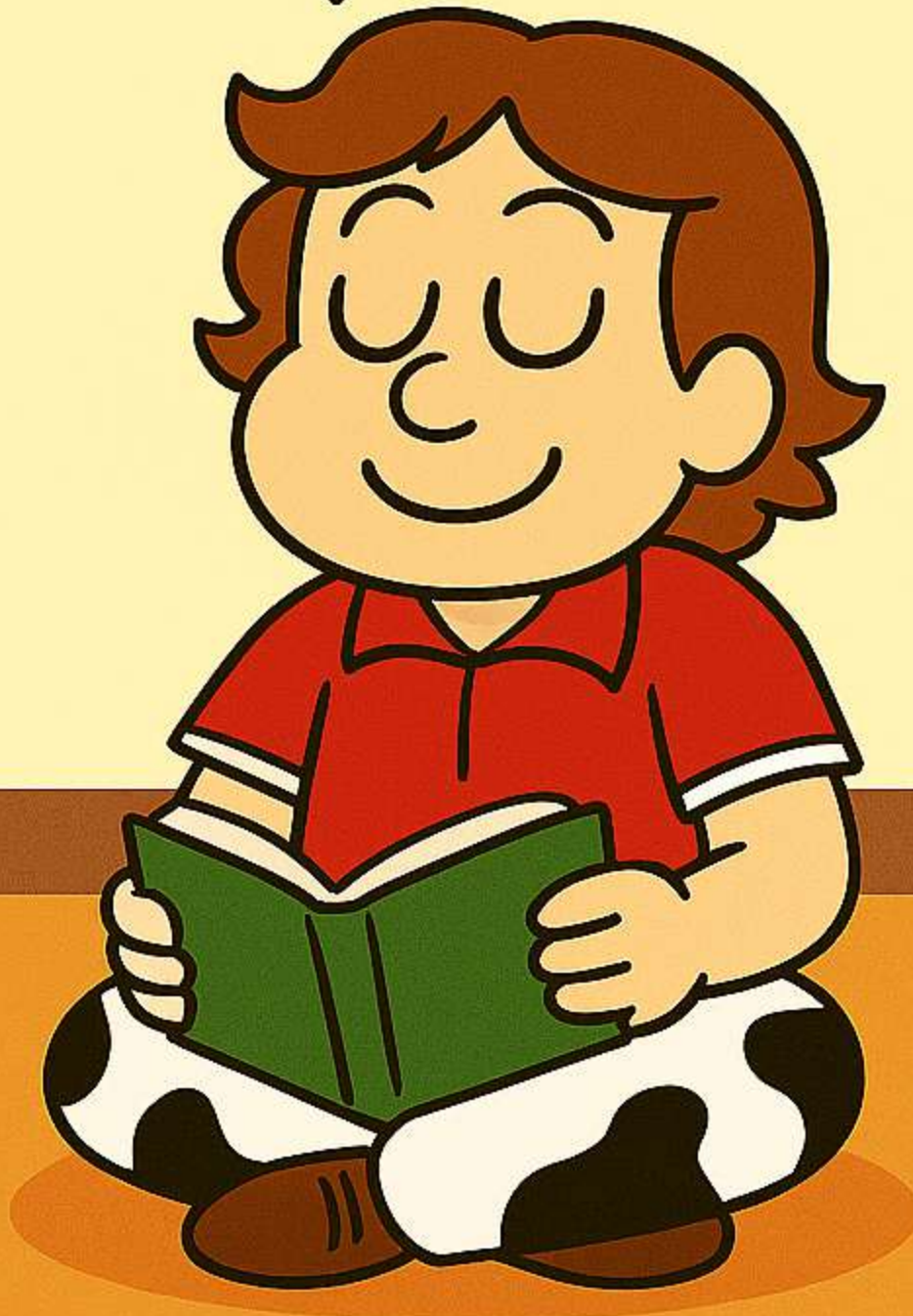




Calm -

**When I'm sitting quietly or
reading a book.**

Calm feels peaceful and safe.



**My teachers and family want
to help me. They care
about how I feel.**



It's OK to feel.
I am learning about my
emotions every day!

