

Exploring Our Feelings with Nova the Owl

Big Feelings, Bright Future: Let's Learn About Our Emotions!

- It is okay to feel many different emotions in one day. You might feel happy in the morning and a little worried by lunch.
- Naming your feelings helps you understand them. When you say 'I feel frustrated,' it becomes easier to manage.
- Physical signs are clues to our feelings. A fast heartbeat might mean you are excited, or it might mean you are feeling nervous.
- Kindness to yourself is important. If you are having a tough moment, treat yourself with the same care you would give a friend.
- Talking to an adult at school or home can help when your feelings feel too big to handle alone.

Did you know? Did you know? Even though you might feel a big emotion like frustration or sadness, it is only temporary! Like the clouds in the sky Nova watches at night, feelings drift in and out, and you always have the power to talk about them to someone you trust.

Key vocabulary: Emotion · Calm · Anxious · Proud · Resilient · Kindness · Safe