



LoveReading4kids.co.uk
is a book website
created for parents and
children to make
choosing books easy
and fun

extracts from
My First Book About Me

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Please print off and read at your leisure.

Me and my feelings

Feelings can change during the day. How do you think the children feel in this picture? Choose from the words below. Answers on page 32.

happy shy upset surprised proud



What do you think made Mo feel happy?
What makes you feel happy? When do you feel upset?

Which is which?

Joe has drawn some faces to show different feelings. Are there times when you felt like each of these? What made you feel like that?



angry



sad



worried



excited



scared



happy

Saying sorry

If you do or say something that makes somebody feel sad or bad, you hurt their feelings. You can say "sorry" to make them feel better.



Me and my body



Try covering the labels and see if you can remember them all.



Mo and his friends are pointing to different parts of their faces. Can you point to each one on your face?



eye



ear



nose



cheek



mouth



lip



eyebrow



chin

How do you think these children feel in each picture?
Answers on page 32.



a)



b)



c)



d)