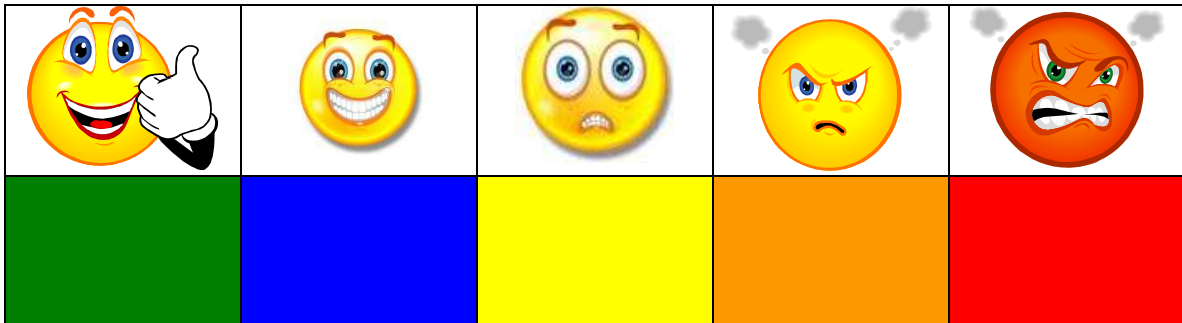


# Sometimes I Feel Green



By Lynn Hubbell  
Graphics Microsoft Clipart

**I have many different kinds of feelings. All feelings are okay but no matter how strong my feelings are, I must do my best to stay calm and safe.**



Sometimes  
I feel  
Green

When I feel green I am calm and friendly. When I feel green I follow directions right away. My teacher and my friends like the way I act when I feel green. Feeling green feels good.



Sometimes  
I feel  
Red

When I feel red my feelings are very strong. I might feel very, very mad or very, very sad. Sometimes feeling red makes me feel like I might explode.

Feeling red might make me feel like crying or screaming. Feeling red might make me feel like hitting or kicking. My teacher worries when I act red because my teacher wants me to be safe and to learn. Feeling red doesn't feel good.



Sometimes I don't feel  
green or red.



Sometimes I feel  
in-between.

When I feel blue.....	<b>Uh-oh!</b> 	it is getting hard for me to stay calm and friendly. Some things are bugging me, like other people or my work. I can make a good choice and turn myself around!
When I feel yellow.....	<b>CAUTION</b> 	it is very hard to stay calm, quiet and friendly. I need to turn myself around. I may need to take a breath or take a break.
When I feel orange.....	<b>DANGER</b> 	I am not calm or friendly. I am not learning. My teacher might worry that I am not safe. I may need a grown up to help me stay safe and get calm.



I have many different kinds of feelings. I know my feelings are okay. No matter how strong my feelings are I will do my best to stay calm and safe.

