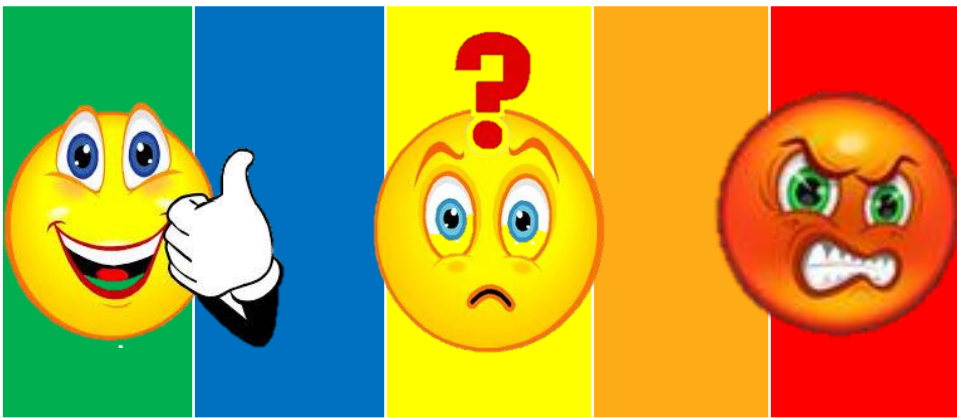


Sometimes I Feel GREEN



**Teaching Young Children to Recognize
and Appropriately Respond To Emotions**

By Lynn Hubbell

I have many kinds of feelings. Sometimes I feel happy. Sometimes I feel mad. Sometimes I feel sad.

Sometimes my feelings feel very strong. It is okay to have strong feelings.



**Sometimes
I Feel
Green.**



When I feel green I am safe and calm.

When I feel green I am friendly to others.

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 feel
very strong.**

**Sometimes when I feel red I
feel very sad.**

**Sometimes when I feel red I
feel like crying**

Feeling red doesn't feel good.



**Sometimes when I feel red I feel
like screaming.**

**Sometimes when I feel red I feel
like hitting or kicking.**

**Sometimes my teacher worries
about me when I feel red.**

**My teacher wants me to stay safe
and calm.**




Feeling red doesn't feel good.



**Sometimes I don't feel
green or red.**



**Sometimes I feel
In between.**

	When I feel Blue.....	When I feel Yellow.....	When I feel Orange...	
				
	<p>Some things are starting to bug me but I can still learn. It is getting harder to stay calm and friendly. I can make a good choice and turn myself around.</p>	<p>It is getting hard to stay calm and friendly. It is getting harder to learn. I need to turn myself around. I may need to take a breath or take a break.</p>	<p>I am not calm or friendly. I am not learning. My teacher may worry that I am not safe. I may need a grown up to help me stay safe and calm.</p>	

No matter how strong my feelings are I must do my best to stay safe and calm.



Sometimes I Feel Green

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About the Author:

I began teaching more than twenty-five years ago and have taught special and general education classes at both the elementary and secondary levels. Currently I serve as a special education program specialist in a public school district, providing consultation support to both special and general education teachers of students with special needs. As a consultant I spend much of my time assisting our teachers to implement positive behavior supports within their classrooms in order to meet the needs of all of their students, but particularly those who demonstrate significant social, emotional and behavioral challenges.

*If you found this product helpful, please rate it at my store at **Teachers Pay Teachers**, where you will find more materials created to help elementary and secondary teachers teach expected school behaviors. These materials can be used as part of a plan to implement IEP goals or behavior support plans. They are ideal for special education students included in the mainstream, as well as any others who might need targeted instruction in behavior and social skills. Follow me to be notified when new products are posted.*

Thank you for your interest in my product.

Lynn



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