



**CALVERT**™  
PUBLICATIONS

**1st grade** | Unit 3

# HISTORY & GEOGRAPHY

# I HAVE FEELINGS

## HISTORY & GEOGRAPHY 103

Introduction | **1**

<b>1. I Feel Sad</b> .....	<b>2</b>
Times When I Feel Sad   <b>2</b>	Self Test 1   <b>18</b>
What to Do When I Feel Sad   <b>16</b>	
<b>2. I Feel Afraid</b> .....	<b>19</b>
Times When I Feel Afraid   <b>20</b>	Self Test 2   <b>27</b>
What to Do When I Feel Afraid   <b>24</b>	
<b>3. I Feel Happy</b> .....	<b>28</b>
Times When I Feel Happy   <b>28</b>	Self Test 3   <b>34</b>
What to Do When I Feel Happy   <b>32</b>	
<b>4. I Feel Many Things</b> .....	<b>35</b>
I Feel Angry   <b>36</b>	Self Test 4   <b>40</b>
I Feel Excited   <b>38</b>	

Test | **Pullout**



**804 N. 2nd Ave. E.**  
**Rock Rapids, IA 51246-1759**

© 2019 Glynlyon, Inc. All rights reserved.

**Author:**

Mary Ellen Quint, Ph.D.

**Editor:**

Rudolph Moore, Ph.D.

**Consulting Editor:**

Howard Stitt, Th.M., Ed.D.

**Revision Editor:**

Alan Christopherson, M.S.

**Media Credits:**

**Page 1:** © Merfin, iStock, Thinkstock; **20:** © PrettyVectors, iStock, Thinkstock; **21:** © jessie974, iStock, Thinkstock; **25:** © pijama61, Getty Images; **37:** © JakeOlimb, Getty Images.

## Learn with our friends!



When you see me, I will help your teacher explain the exciting things you are expected to do.



When you do actions with me, you will learn how to write, draw, match words, read, and much more.



You and I will learn about matching words, listening, drawing, and other fun things in your lessons.



Follow me and I will show you new, exciting truths that will help you learn and understand what you study. Let's learn!

# I HAVE FEELINGS



All people have feelings.  
You can feel many things.  
You can feel sad or angry  
or afraid or excited or happy  
or many other things.

In this workbook, you will read about feelings.

## Objectives

**Read these objectives.** They will tell what you will be able to do when you have finished this workbook.

1. I can tell what makes me feel sad.
2. I can tell what makes me feel afraid.
3. I can tell what makes me feel happy.
4. I can tell about other things I feel.

# 1. I FEEL SAD

Sometimes people feel sad.  
Do you feel sad sometimes?  
Why do you feel sad?  
When do you feel sad?



## Times When I Feel Sad

Sometimes I feel sad, but I do not know why.  
When do you feel sad?

I feel sad

when I am all alone,  
when I have no one to play with me,  
when I am sick,

or when \_\_\_\_\_  
\_\_\_\_\_.



Tell what will happen next.



When do you feel sad?  
How can you help someone else who is sad?



## Jane Is Sick

Jane is my friend.  
Jane is very sick.  
She cannot go to school.  
She cannot play.  
She must stay in bed all the time.

I feel sad because Jane is sick.  
I will make a picture for her.  
I hope she feels better soon.

## Bob Is Little



Bob is my friend.  
Bob is little.  
Bob is smaller than any of us.

Because Bob is little,  
some children make fun of him.  
They call him names.  
They make him cry.  
They make me sad because  
they hurt my friend, Bob.



**Bob needs help.**

**I want to help Bob.**





How can you help Bob?  
 What can you say to him?  
 What can you do for him?



**Circle *yes* or *no*.**

Bob is little.

yes                      no

I call Bob names.

yes                      no

Some children made Bob cry.

yes                      no

I want to help Bob.

yes                      no

## Some Days It Is Hard to Be Good



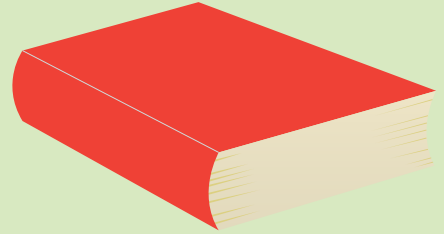
John felt sad as he got ready for bed.  
He did not know why.

John got in bed, but he could not sleep.  
He began to think about his day.  
Everything had gone wrong.

First, he disobeyed Mother's orders  
to go straight to school.  
He stopped at the park and  
lost his new jacket there.



Next, John had a fight with Joe.  
Joe had a new book from the library.  
John wanted the book, too.  
He did not want to wait for Joe to finish.



So John started a fight.  
The book was torn.  
The teacher became angry.  
John had to stay after school.





**Circle the right word.**

John felt \_\_\_\_\_ .  
( happy / sad )

John \_\_\_\_\_ his mother.  
( obeyed / disobeyed )

John \_\_\_\_\_ his jacket.  
( lost / found )

John had a fight with \_\_\_\_\_ .  
( Jim / Joe )

The book was \_\_\_\_\_ .  
( open / torn )

John had to stay \_\_\_\_\_ school.  
( after / out of )



Write 1, 2, and 3 to show what happens *first*, *next*, and *last*.



---

---

---



---

---

---



---

---

---

## What to Do When I Feel Sad

When I feel sad,

I can

draw a funny picture,

visit a friend,

read a good book,

help someone,

surprise someone,

or \_\_\_\_\_  
\_\_\_\_\_.

When I feel sad,

I think about what makes me feel glad.



# SELF TEST 1

Each answer = 1 point

Write **1, 2, and 3** to show what happens *first, next, and last*.



\_\_\_\_\_

-----

\_\_\_\_\_



\_\_\_\_\_

-----

\_\_\_\_\_



\_\_\_\_\_

-----

\_\_\_\_\_

Circle the right word.

Joe and John had a \_\_\_\_\_ .  
( bike / fight )

I can \_\_\_\_\_ someone who is sad.  
( help / hurt )

I can think about what makes me \_\_\_\_\_ .  
( mad / happy )

Tell your teacher one thing you do if you are sad.



Teacher Check

\_\_\_\_\_

Initial    Date



My Score



TM

**CALVERT**  
PUBLICATIONS

804 N. 2nd Ave. E.  
Rock Rapids, IA 51246-1759

**877-878-8045**  
[www.calverteducation.com](http://www.calverteducation.com)

CH0103 - Jun '19 Printing

ISBN 978-0-7403-3883-0



9 780740 338830