



# My Feelings



An ABC theme book with photos & descriptions.

**Aa** is for angry.



Angry means you  
feel mad. Your  
face might look  
tight and you may  
want space.



# Bb

is for bored.



**Bored means  
nothing feels  
fun right now.  
You might sigh  
or say, "What  
can I do?"**

Cc is for calm.



**Calm means your body feels quiet and peaceful. You can take slow breaths to feel calm.**



**Dd** is for disappointed.



**Disappointed  
means you feel  
sad because  
something  
didn't happen.  
You might say,  
"I wanted that."**

**Ee** is for excited.

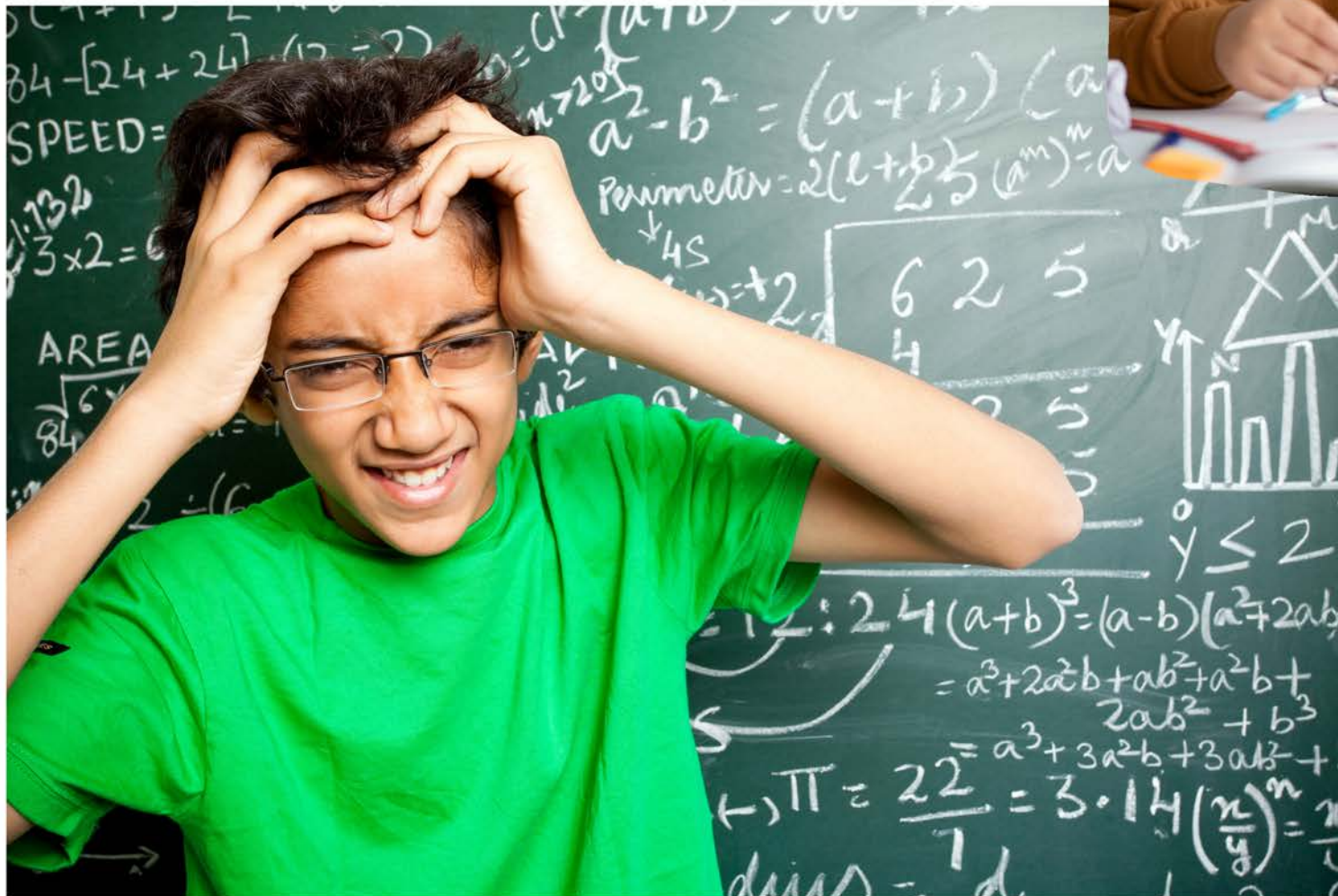


Excited means  
you feel very  
happy and can't  
wait. Your body  
might wiggle or  
bounce.



# Ff

is for frustrated.



**Frustrated**  
means  
something is  
hard and you  
feel upset. You  
might want  
help or a break.

**Gg** is for grumpy.



**Grumpy means  
you feel cranky  
or not in a good  
mood. You  
might not want  
to talk much.**



**Hh** is for happy.



**Happy means  
you feel good  
inside. You  
might smile,  
laugh, or clap.**

i

is for ill.



Ill means your  
body doesn't  
feel well. You  
might need  
rest, water, or a  
grown-up.



# Jj

is for jealous.



**Jealous means  
you want what  
someone else  
has. You might  
feel upset when  
someone else  
gets a turn.**



**Kk** is for kind.



Kind means you  
are being nice  
and caring.  
Being kind can  
help others feel  
happy.



# L I

is for lonely.



**Lonely means  
you feel like you  
are by yourself.  
You might want  
a friend or a  
hug.**

**Mm** is for mad.



**Mad is another  
word for angry.  
You might  
stomp your feet  
or say, "Stop!"**



**Nn** is for nervous.



**Nervous means  
you feel worried  
or shaky. You  
might feel  
nervous before  
something new.**

Oo is for overwhelmed.



Overwhelmed  
means  
everything feels  
like too much.  
You might need  
quiet or a break.



**Pp** is for proud.



**Proud means  
you feel good  
about what you  
did. You might  
say, "I did it!"**



**Qq** is for quiet.



Quiet can be a  
feeling when  
your body is  
calm. Quiet  
time can help  
you feel better.



# Rr

is for relaxed.



**Relaxed means  
your muscles  
feel loose and  
easy. You might  
feel relaxed  
when you rest.**

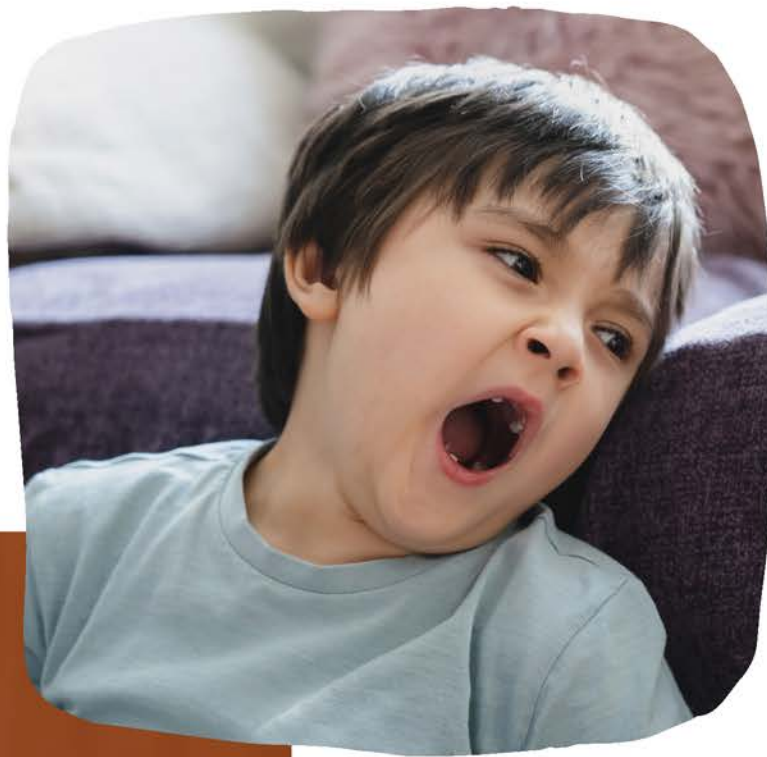
**Ss** is for sad.



Sad means you  
feel unhappy.  
You might cry  
or want  
comfort.



**Tt** is for tired.



**Tired means  
your body needs  
rest. You might  
yawn or move  
slowly.**

# Uu

is for upset.



**Upset means  
you feel  
bothered or not  
okay. You might  
need help to  
calm down.**



**Vv** is for valued.



**Valued means  
you feel  
important and  
cared about.  
You feel valued  
when people  
listen to you.**

**Ww** is for worried.



**Worried means  
you feel scared or  
unsure about  
something. You  
might want a hug  
or to talk to a  
grown-up.**



**Xx** is for **excited**.



**Excited means  
you feel very  
happy and you  
can't wait. Your  
body might feel  
jumpy and you  
might smile a  
lot.**

**Yy** is for yucky.



Yucky means  
your body feels  
not good. You  
might say  
“yucky” when  
you feel sick.



# Zz

is for zany.



Zany means  
very silly and  
goofy. You  
might make  
funny faces or  
laugh a lot.



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and holiday  
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