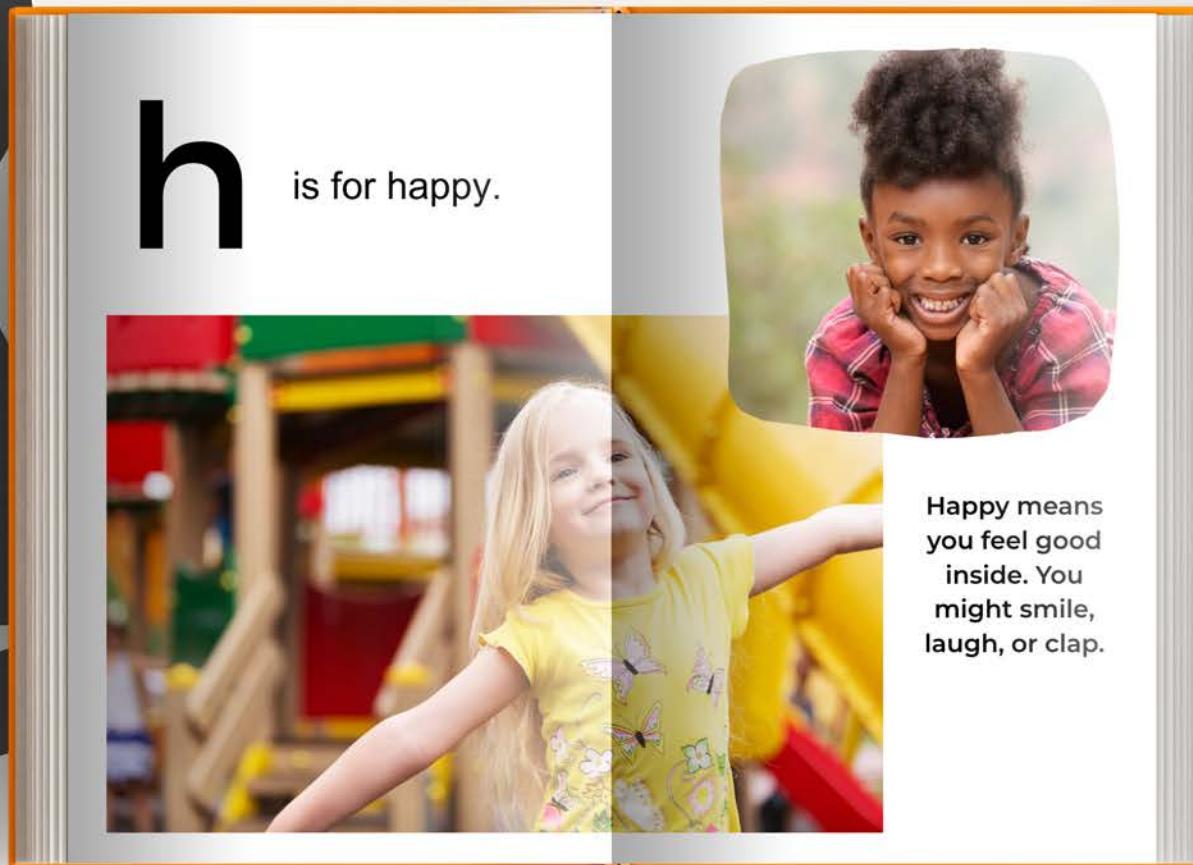




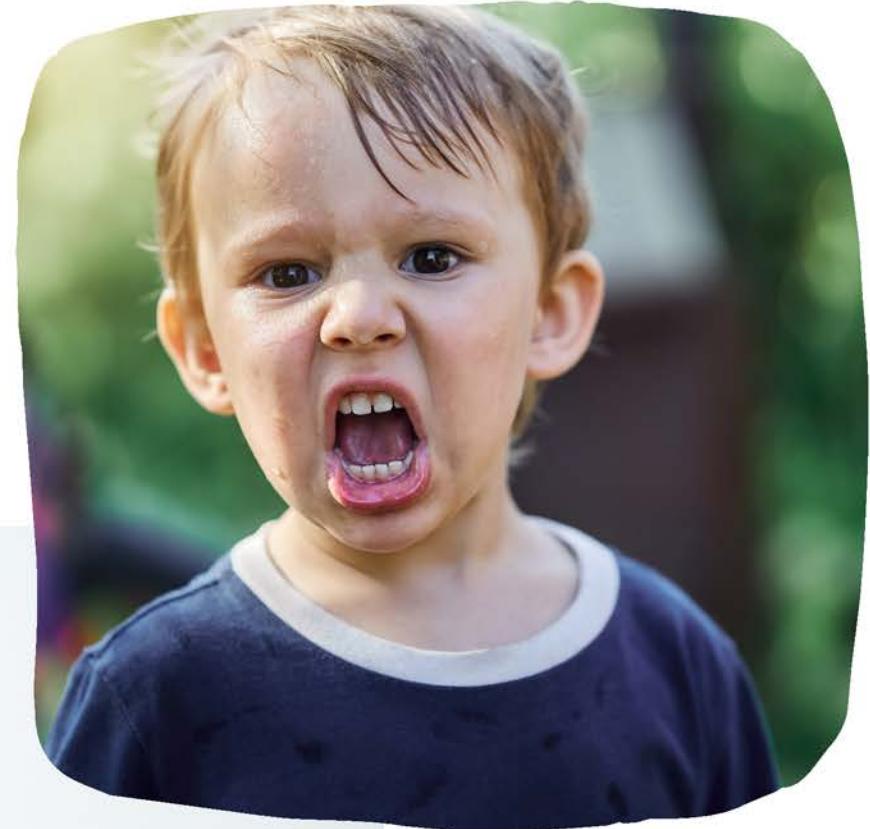
My Feelings



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

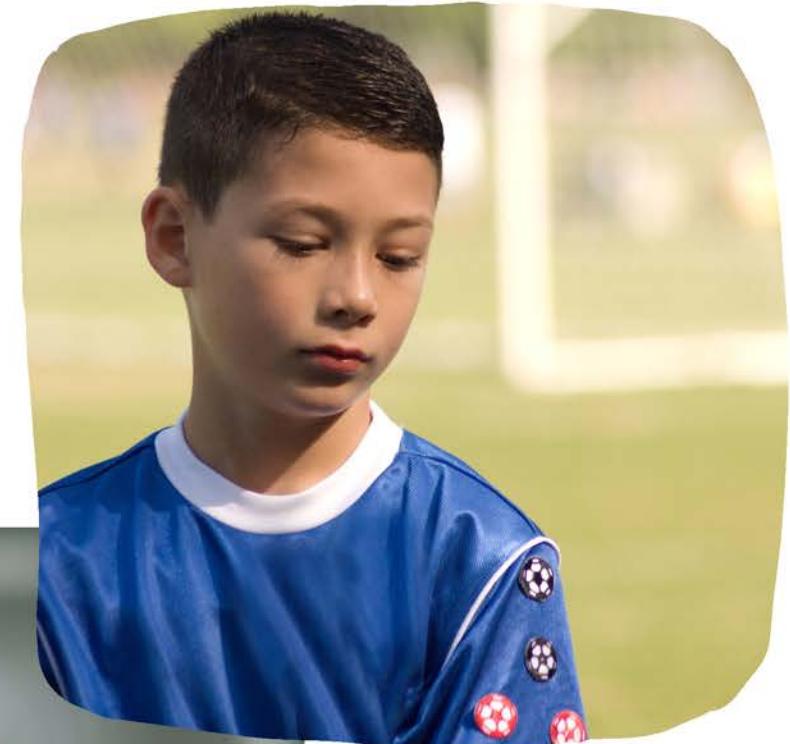
is for calm.



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

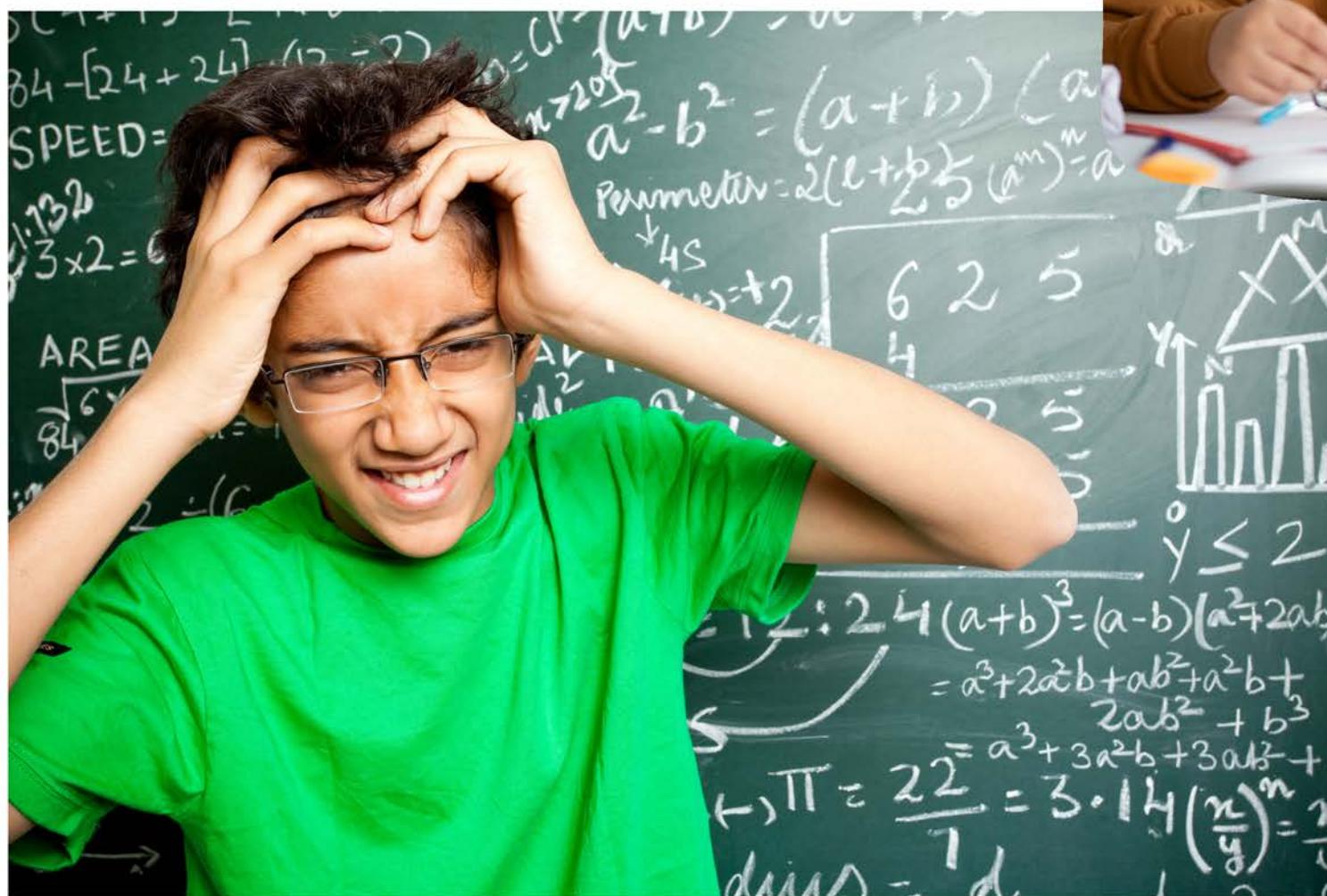
is for excited.



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.

ii

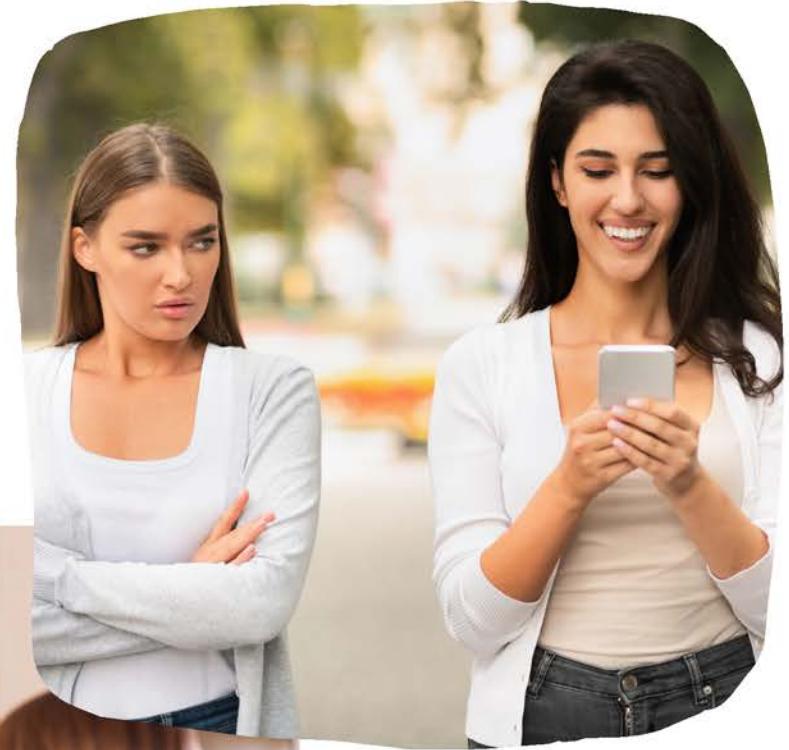
is for ill.



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.

LI

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

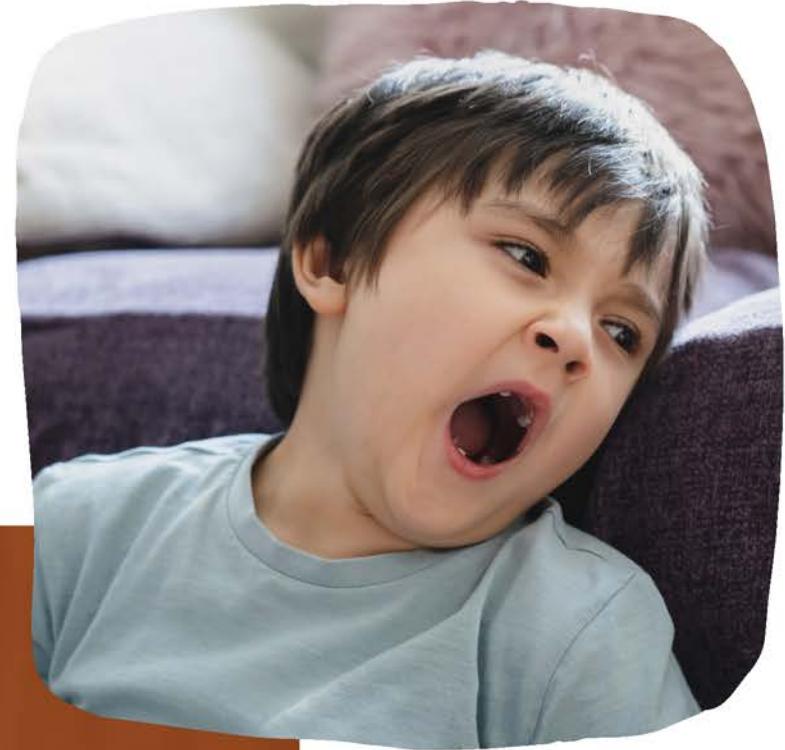
is for sad.



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

Tt

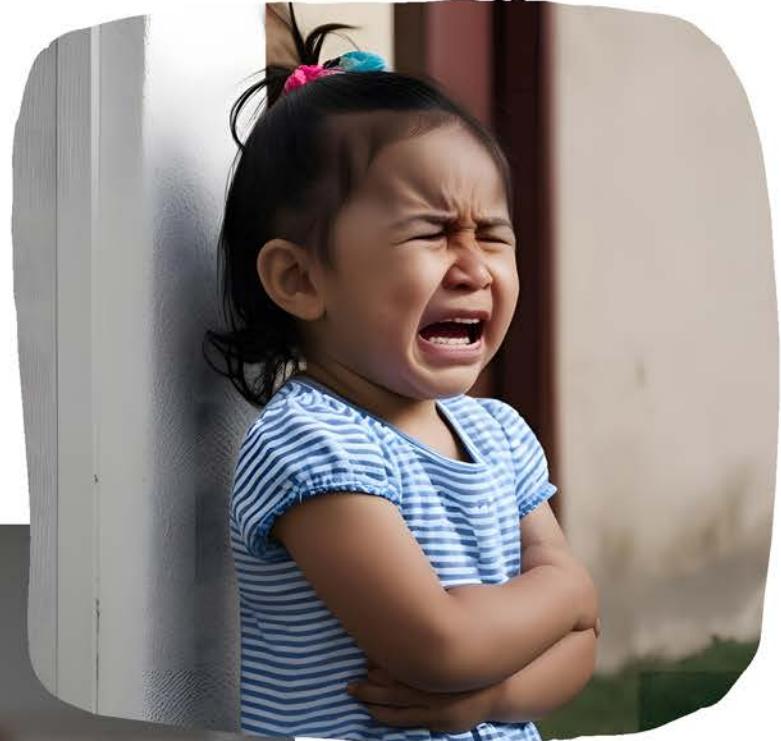
is for tired.



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

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.



Check out our
other family
and holiday
themed
activities in our
All Year Core &
More Series!

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you by DTA Schools!

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