

Lesson 1

The Feels



The Feels

Key Terms



Scared



The Feels

Key Terms



Mad



The Feels

Key Terms



Sad

The Feels

Key Terms



Worried

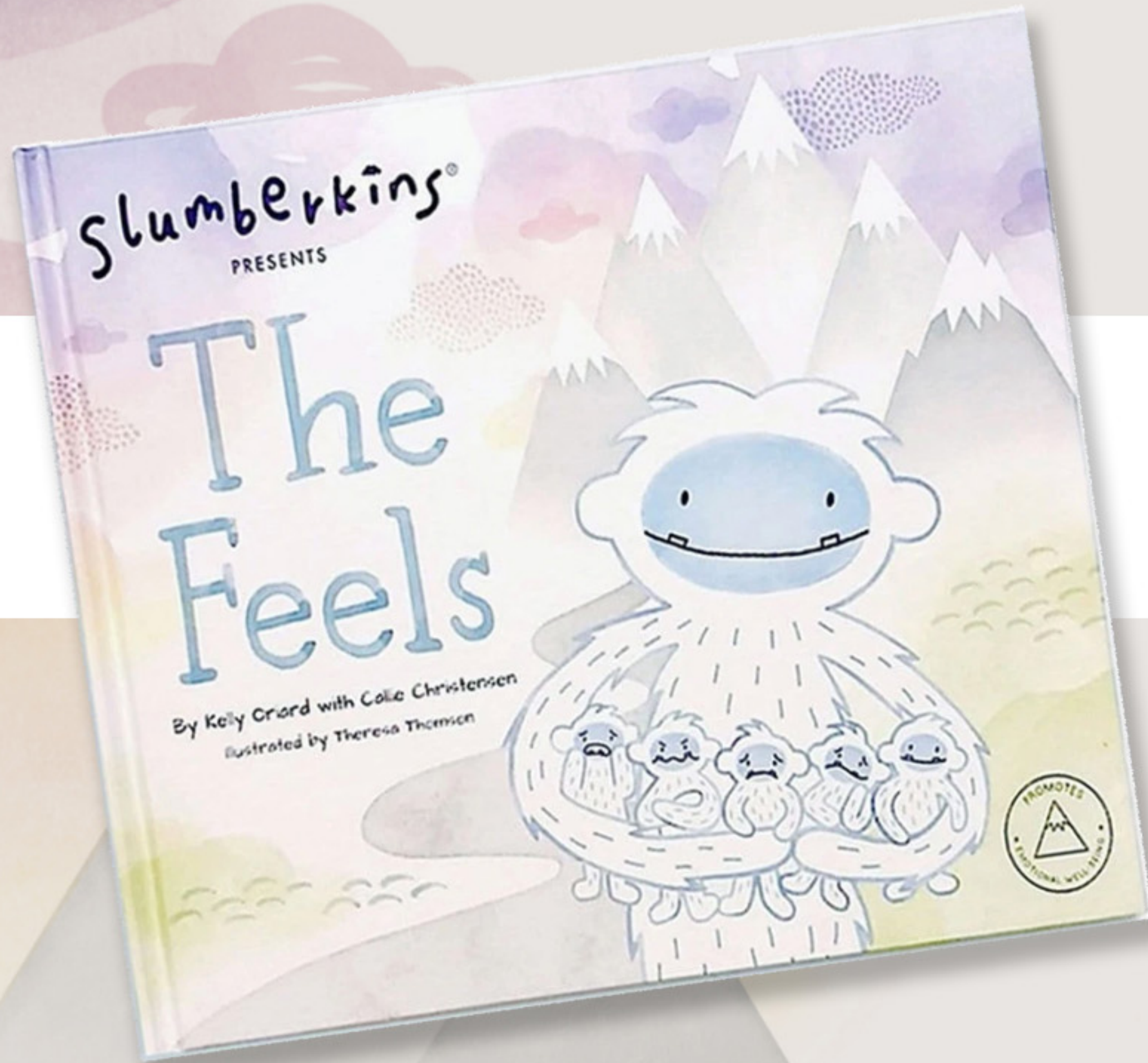


The Feels

Key Terms



Calm



The Feels

Read Along

Page 1



In the mountains of a magical land
lived mysterious creatures
rarely seen by man.

Each one was different,
none were quite the same.
Each learning and living
and growing each day.

One fine day while strolling
through the land,
Yeti noticed a creature
that she didn't understand.

Alpaca seemed strong,
seemed grounded and at peace.
There was something about him
that Yeti longed to be.

Yeti looked at Alpaca
and felt so at ease.
She said, "You seem so calm,
that's how I want to be."



Page 3



Alpaca looked at the mountain
and began to smile,
"I grew with each step
while walking the miles.

In the mountain I learned
all about myself.
I met my Feels,
I learned how they needed help.

Now I take care of them
and they take care of me.
We live together
in harmony."

Yeti knew in that moment,
what she must do.
The mountain was calling her
to take this journey too.

Words over the door,
mountain in the center,
let's read them out loud
to let Yeti enter:

*I take a deep breath,
I feel it go in,
then breathe out,
and my feet sink in.*

*Arms up like the mountain,
feet grounded below,
I'm ready to look inside,
I'm ready to know.*

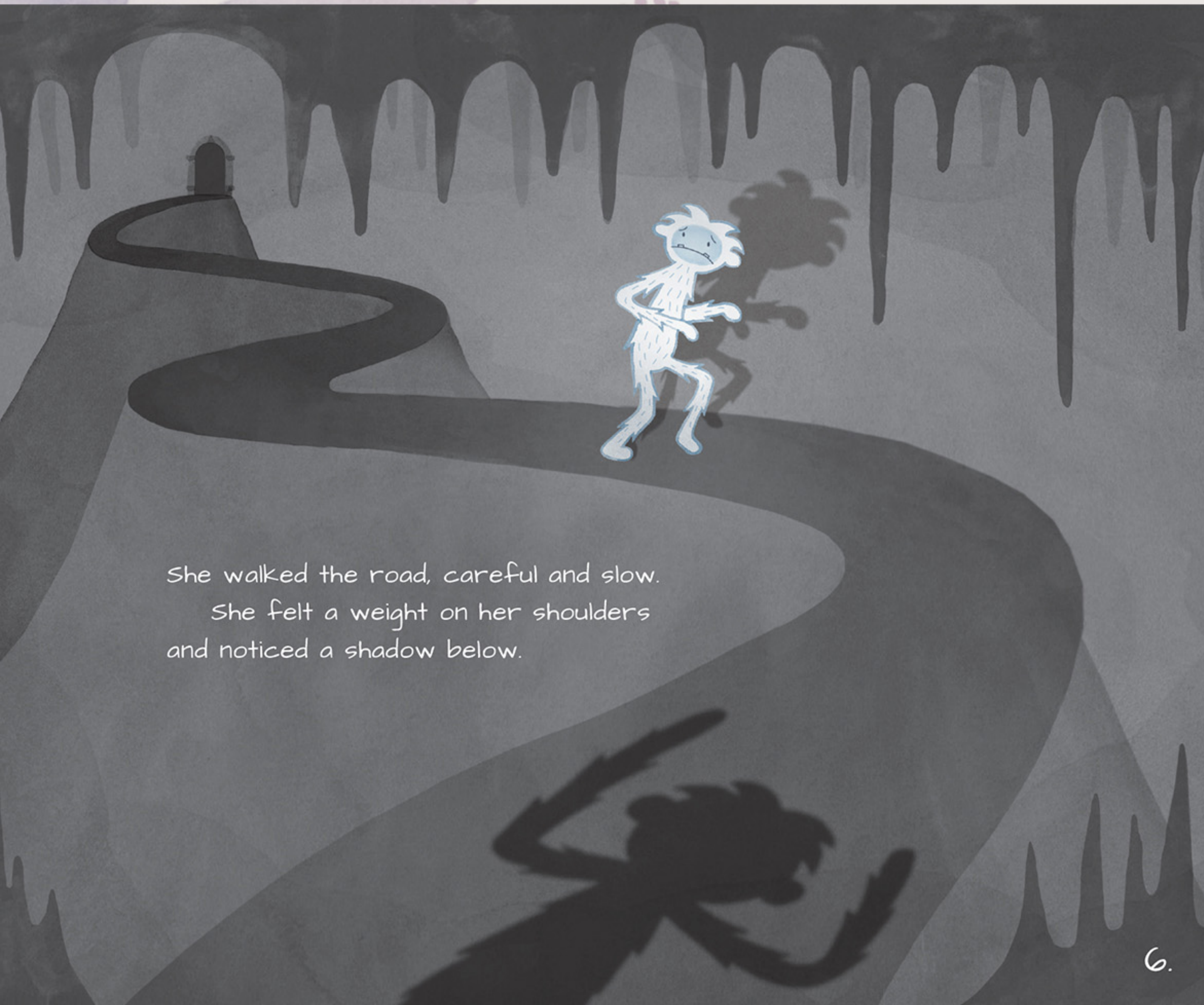


Page 5



The door creaked open
and revealed a long dark hall.
Wind billowing out,
now Yeti wasn't sure at all.

She stepped inside
and the door slammed closed.
Now the only way out
was to follow the road.



She walked the road, careful and slow.
She felt a weight on her shoulders
and noticed a shadow below.

Page 6

Page 7



Yeti took a deep breath
and checked in with her heart.
She knew Scared wouldn't hurt her
and so she stood up to start.

"It's okay Scared, I see you,
I'm not a real threat.
You can trust me, I won't hurt you,
I'm glad that we've met."

Scared looked up at Yeti,
"But how do I know
if I am safe or in danger,
just 'cause you say so?"



Page 9

Yeti scratched her head,
she had to think.
"Once you calm down
you can do a few things.

Check in with yourself,
listen to the voice inside,
or find a safe person
with whom you can talk or confide.



I see that you are here
to give me protection.
Thank you Scared Feel
for showing me the direction."

Scared took a deep breath
and became small again.
She would still be there to help,
every now and then.



Yeti walked on down the road
and the ground started to shake.
The mountain was rumbling,
the walls started to break.

As she rounded the corner
she saw a BIG Feel
and she knew right away
what was the deal.

This was MAD.

Her face was hot,
she pounded the walls
and was throwing rocks.

Just then a rock
flew her way and... "OWE!
HEY you HIT me with that!
You should really calm down!"



Page 10

Page 11

Mad yelled out loud,

**I WON'T LISTEN TO YOU!
DON'T EVEN TRY
TO TELL ME WHAT TO DO!**

Yeti felt a big whoosh!
Her head felt so hot.
She wanted to yell, to hit,
and throw rocks.

11.



She took a deep breath, (take a deep breath)
she counted to four,

1.....2.....3.....4.....

and walked closer to Mad,
and threw rocks at the floor.

She kept taking deep breaths
and calmed down her thoughts,
until they were both throwing
rocks at the same spot.

They started to laugh
and began to play.
They both forgot
what they were mad about anyway.



Page 13



"I am here inside,
and have a job to do
I protect a friend,
that's important to you.

Thanks for seeing me,
for letting me pout,
for throwing rocks,
and breathing in and out.

Head that way,
I'm sure you will find
your friend on the road;
thanks for being so kind."

So Yeti continued
walking down the path.
She heard a familiar noise,
and it was NOT a laugh.

Into a cave, she followed her ears.

She saw Sad curled up in a corner
crying big tears.

The ground shook with her cries,
the walls wept too.
Sadness was so big
she didn't know what to do.



Page 15

Sad made her feel down,
it was hard to see her so blue,
she needed a friend
to help her get through.

She took deep breaths
and reached out Sad's way.
Touched her back softly
but didn't know what to say.





Sad turned around,
with tears in her eyes,
Yeti opened her arms,
they both hugged and cried.

Sad could barely talk
but Yeti knew
there were things that hurt her
and she needed love too.

Sad whispered a secret
in Yeti's ear,
then pointed her onward,
waved, and disappeared.



Page 17



Yeti walked on,
she felt close to the top,
but the road seemed long
and she didn't know when it would stop.

Her thoughts started to race,
the end wasn't in sight.
How much longer would this take?
Her chest began to feel tight.

She twisted her hair,
she forgot which way to go.
She felt someone near
then saw Worry below.

Worry seemed stuck,
frozen in place,
repeating words over
at a very fast pace.

Yeti asked, "What is wrong,
what can I do?"

Worry replied,

"I have too many thoughts,
it would overwhelm you!"

"Let's slow down,
let's figure it out.
One thing at a time
and we'll feel better, no doubt!"



Page 19



They each took a breath
and sat side-by-side,
wrote it all out
and got organized.

Once they got it all out
it looked like a map:
a list of tasks
they could do in a snap.

"I get worried you see,
I want to help out.
But I get overwhelmed
and I have all this doubt.

Thank you for helping,
I felt stuck in my head.
Now there's a plan
and I don't feel so much dread.

I'm feeling much better
so head that way,
meet the last Feel
and see what they say."



Page 21



Yeti reached the end of the road
and walked through the door,
she was at the top of the mountain
but felt grounded to the floor.

She looked out over the land,
breathed in and out,
and wondered what lesson
her last friend was about.

From a far distance
she heard someone speak,

A decorative purple scrollwork frame with elegant swirls and flourishes, enclosing the title text.

YOU ARE THE FRIEND THAT YOU CAME TO SEEK

"You went on the journey,
you showed bravery.
You took care of your Feels,
now you're calm as can be.

I have taken this journey,
gone far and returned.
Each mountain different
and there has been something I learned.


Page 23

I can see you have started,
you climbed this mountain today.
Now you found Calm
and you are well on your way."

Yeti felt so proud,
she had done quite a deed.
She took care of her Feels and
gave them what they need.

She looked over the mountains,
felt grounded and calm.
Yeti said these words again
with her hands palm-to-palm:





"I take a deep breath,
I feel it go in,
then I breathe out,
and my feet sink in.

Arms up like the mountain,
feet grounded below,
I'm ready to look inside,
I'm ready to know."

Group Discussion



Name the 4 Feels that
Yeti met in the mountain

Group Discussion



How did Yeti feel after she met, took care of, and listened to her Feels?

Yeti had some BIG Feels that she met.

Scared

Mad

Sad

Worried

Calm



Did Yeti learn that ALL of her Feels
were there to help her?



Is it okay to have
a Scared Feeling?



Is it okay to have
a Mad Feeling?



Is it okay to have
a Sad Feeling?



Is it okay to have
a Worried Feeling?



Is it okay to have
a Calm Feeling?

Group Discussion

Hint:

She also did this when
she first met her Feels
to help calm down.



Does anyone remember
what Yeti did before she
could even GET INTO
the mountain?

The image is a composite of two illustrations. The top illustration shows a close-up of a Yeti's face, which is white with blue eyes and a small blue nose. The bottom illustration shows a full-body view of the same Yeti standing on a green patch of ground in front of a large, arched wooden door set into a grey rock wall. The Yeti is holding a small white flower in its right hand. In the background, there are several jagged, snow-capped mountains under a pale yellow sky. The entire scene is framed by a white border.

Group Discussion

Do you think that helped
Yeti? Do you think it
helped her Feels?

Taking a deep breath helps our bodies
calm down when we are having

BIG FEELINGS.

Let's learn how together.

Group Activity

Mountain Breath



Take a big breath in while lifting arms
up in the shape of the mountain and say

**“I take a deep breath,
I feel it go in”**

Breathe out while bringing your arms
down to your chest level with your
hands palm to palm and say

**“Then breathe out,
and my feet sink in”**





**“Arms up like the mountain,
feet grounded below”**

**“I’m ready to look inside,
I’m ready to know”**



That helped my body feel **calm**.

I know we want to learn about all the Feels that Yeti met on her journey. But before she could meet them, she had to take breaths to help her feel **GROUND**ED.



Group Discussion



What do you think
GROUNDED means?

The background of the slide is a soft, pastel illustration. The top half features a light pink and peach sky with stylized clouds, including one with a dotted pattern. The bottom half shows a range of mountains in muted green and grey tones against a pale yellow background.

Group Discussion

Why do you think it's
important to be **GROUND**ED
(calm and in control) **BEFORE**
she meets her feelings?



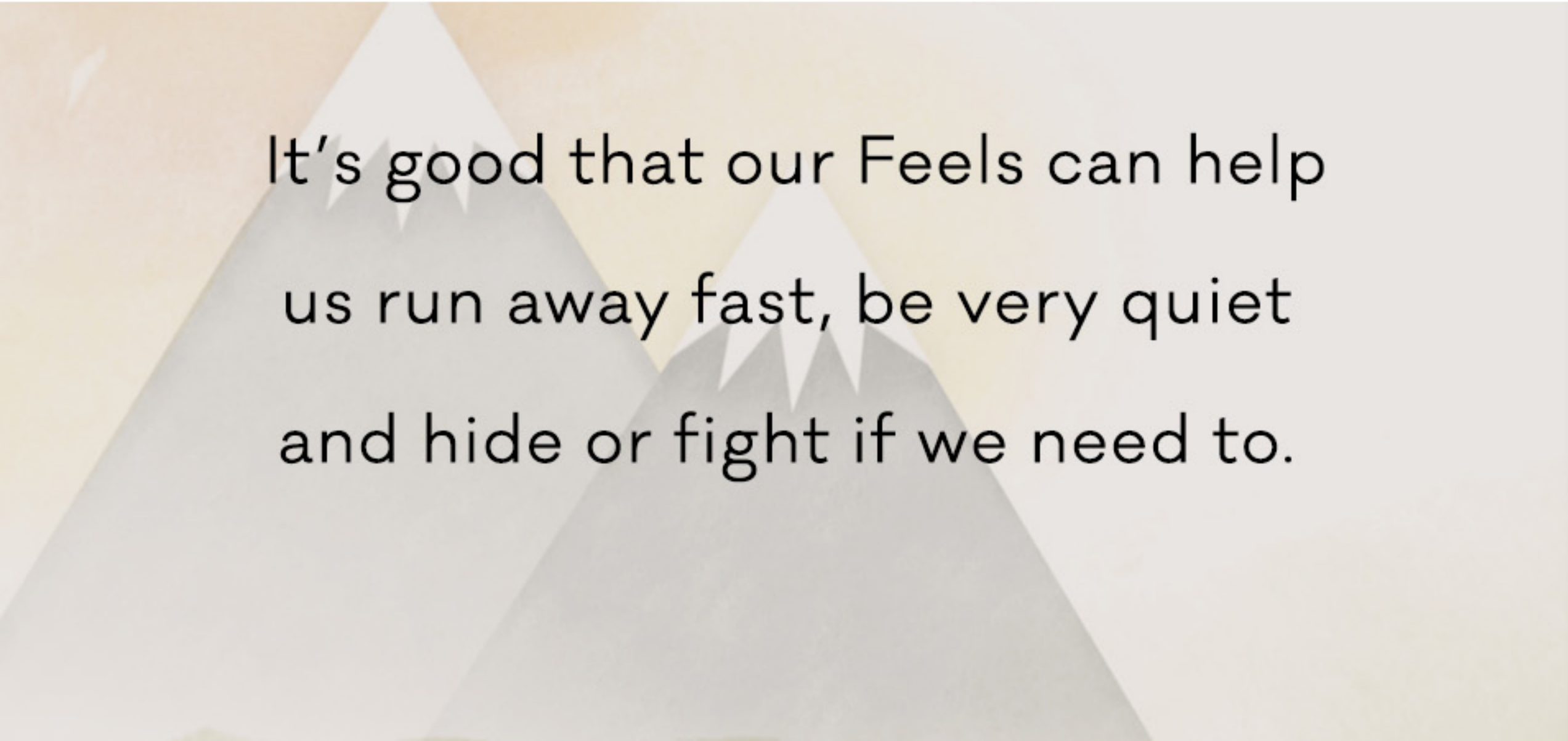
Group Discussion



What would a big **Scared**
reaction look like?

An illustration of a hand with a pinkish-purple skin tone, reaching out from the top left corner. Below the hand are several stylized clouds in shades of pink and purple. The background is a light beige color.

Group Discussion

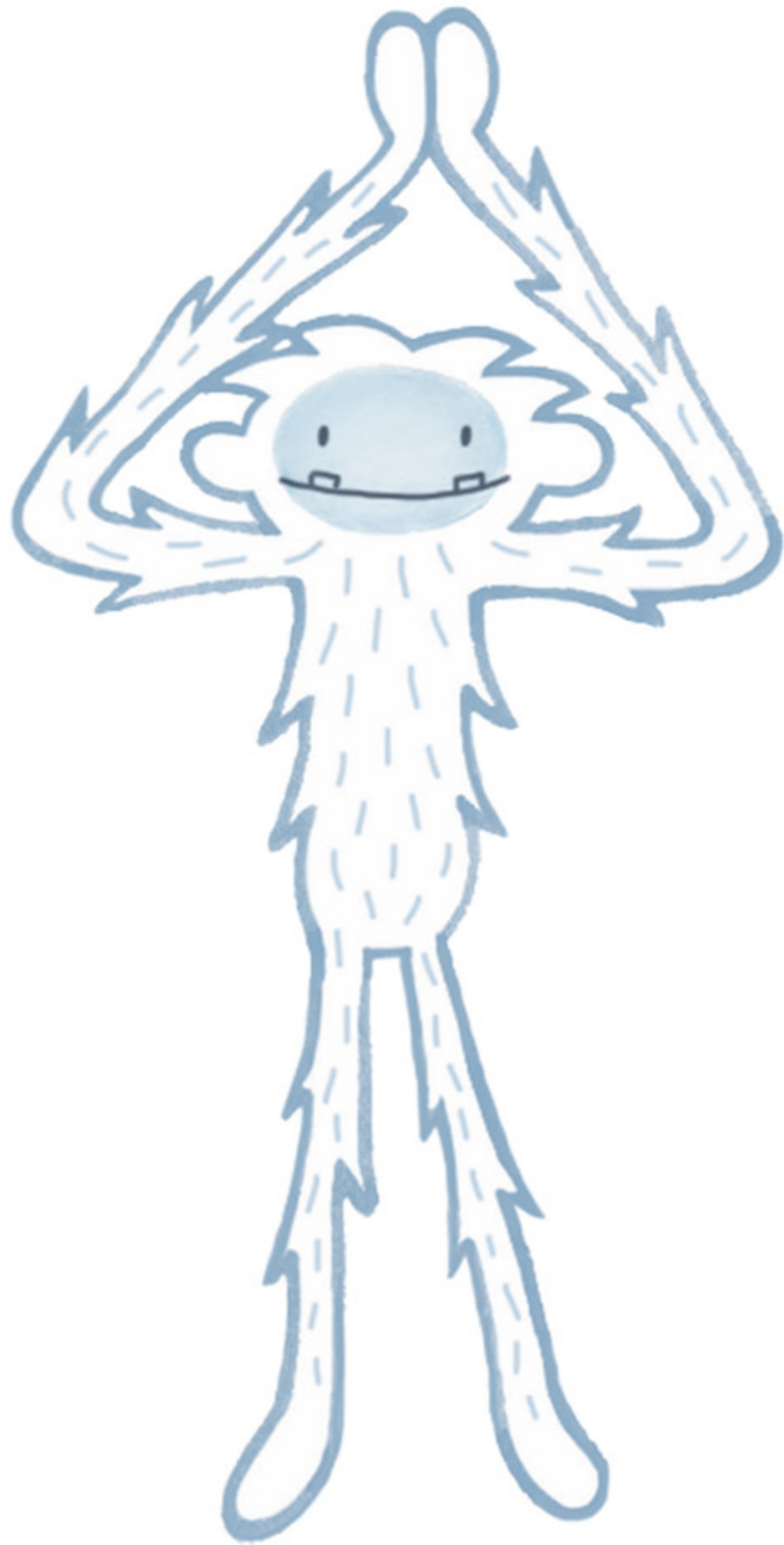
An illustration of two stylized mountains in shades of grey and beige, set against a light beige background.

It's good that our Feels can help
us run away fast, be very quiet
and hide or fight if we need to.

When is it important to
have a big **Scared**
reaction?



I take a deep breath,
I feel it go in,
then I breathe out,
and my feet sink in.



Arms up like the mountain,
feet grounded below,
I'm ready to look inside,
I'm ready to know.