

Why do you do what you do?

Why did I do that?

I don't know!



We do these things because feelings happen in our bodies.

Feelings

Feelings

Feelings

Feelings



What feelings and emotions can you name?

Suitable for 0-5 years

Content from: *My First Emotions* series
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**We sometimes do things
without knowing why.**

Yippeeeee!



**We jump up and down
when we see our friends.**



**We stamp our feet
when we are angry.**



What else do you do when you
are happy or angry?

Suitable for 0-5 years

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When you do something and you don't know why, ask yourself...



Anger



Happiness



Sadness



Pride



What other emotions have you felt today?

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