



Name: _____

Grade: _____ Group: _____ Date: _____

Find the sentences in the article and complete them.

1. _____ this is a simple _____ to be _____ your _____.
2. Feelings are _____ that help us understand _____ and _____.
3. You might _____ when something goes well, _____ if you don't do well on a test.
4. Every _____ time _____ you _____ feel _____ glad, _____ **down.**
5. When you know your emotions, you're _____ make wise choices about how to act — no matter what you're feeling.

Order the sentences to create a correct paragraph, then compare them to the real one.

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|--|-----|
| Track one emotion. | () |
| Pick one emotion. | () |
| Maybe you're glad when someone lends you a hand or says a kind word. | () |
| Every time you feel glad, make a mental note to yourself or write it down. | () |
| Track it all day. Notice how often you feel it. | () |
| Like feeling glad. | () |
| Or glad just because it's Friday. | () |
| Maybe you're glad when something good happens. Or glad when a friend shows up. | () |