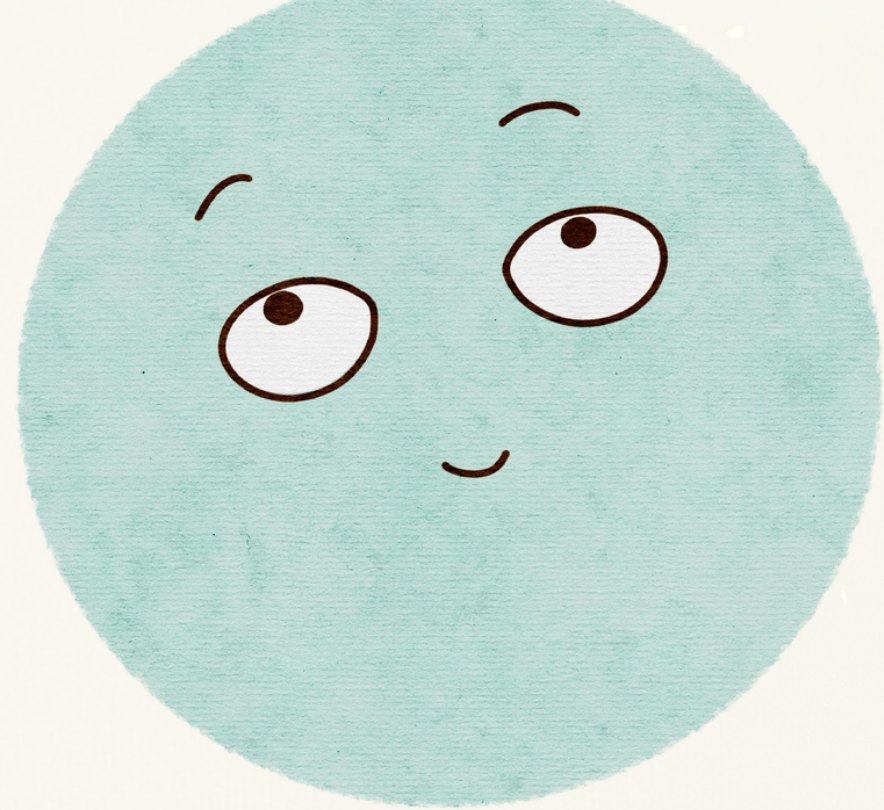


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# A SUPER SECRET GUIDE TO EMOTIONS!

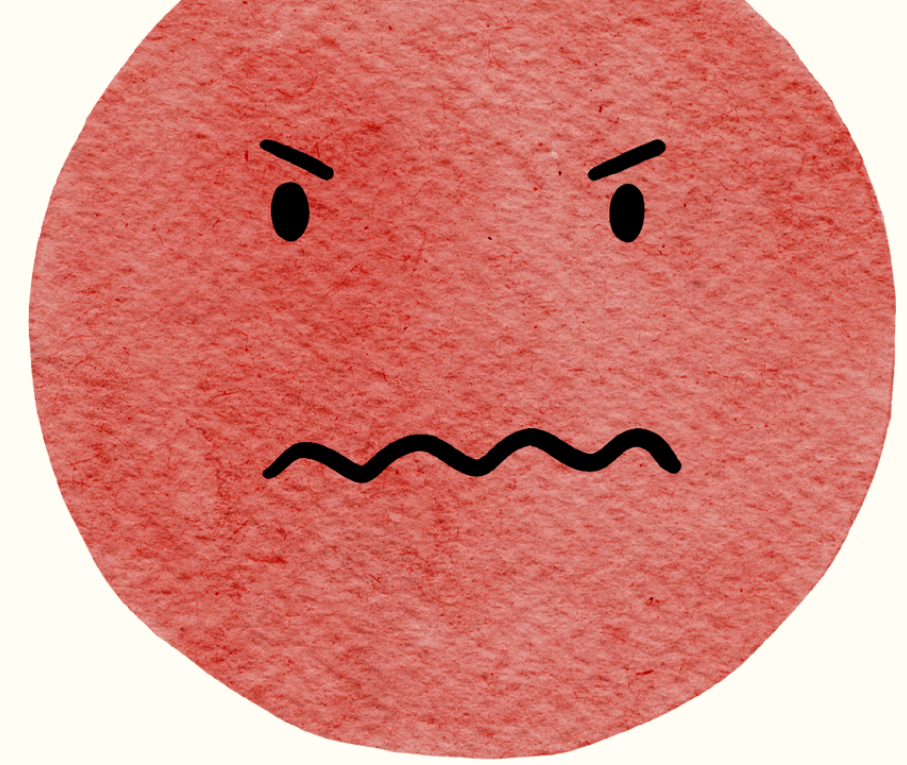
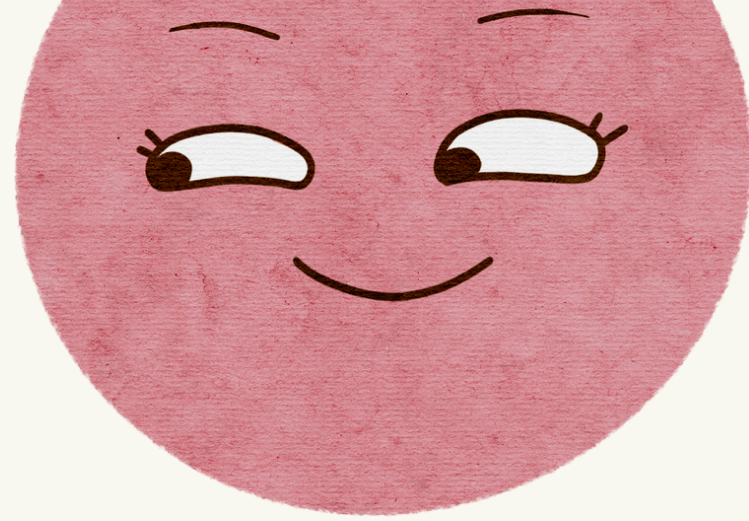


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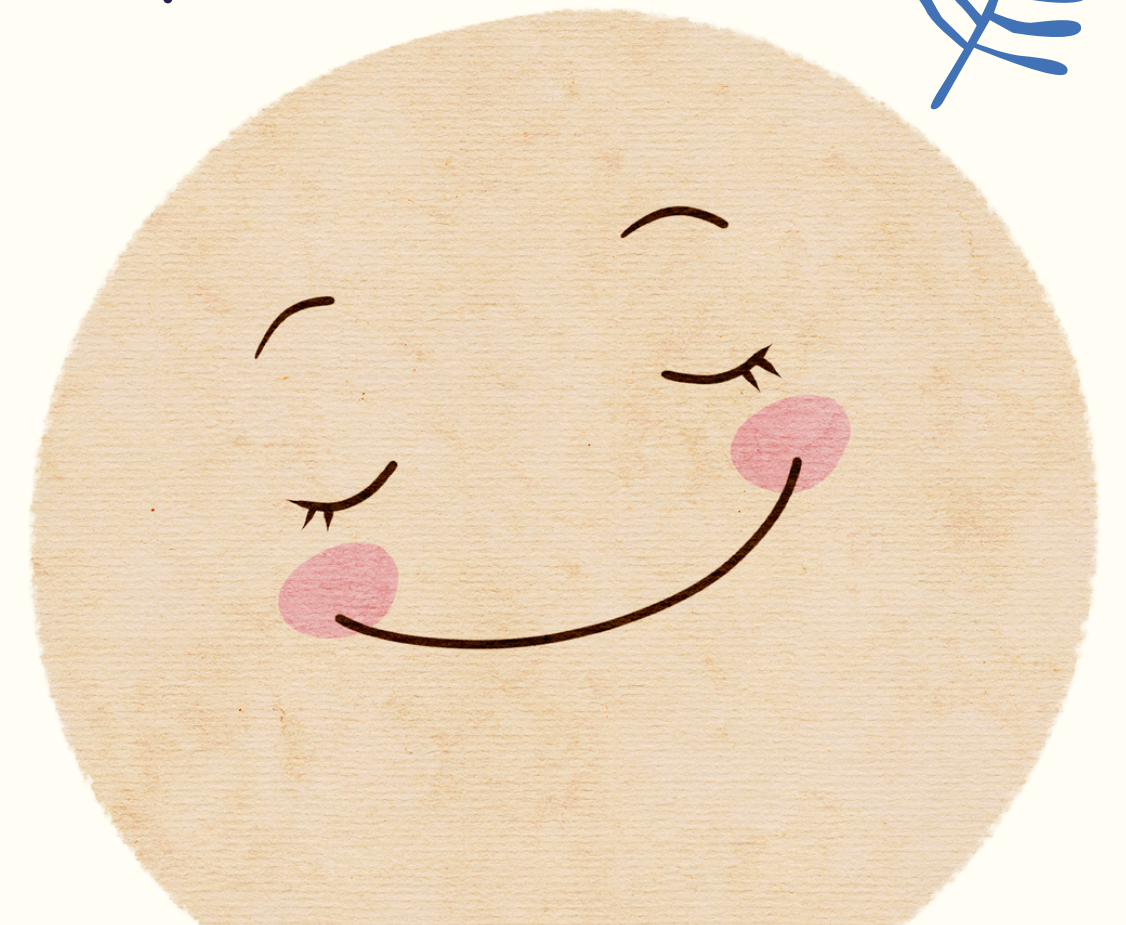
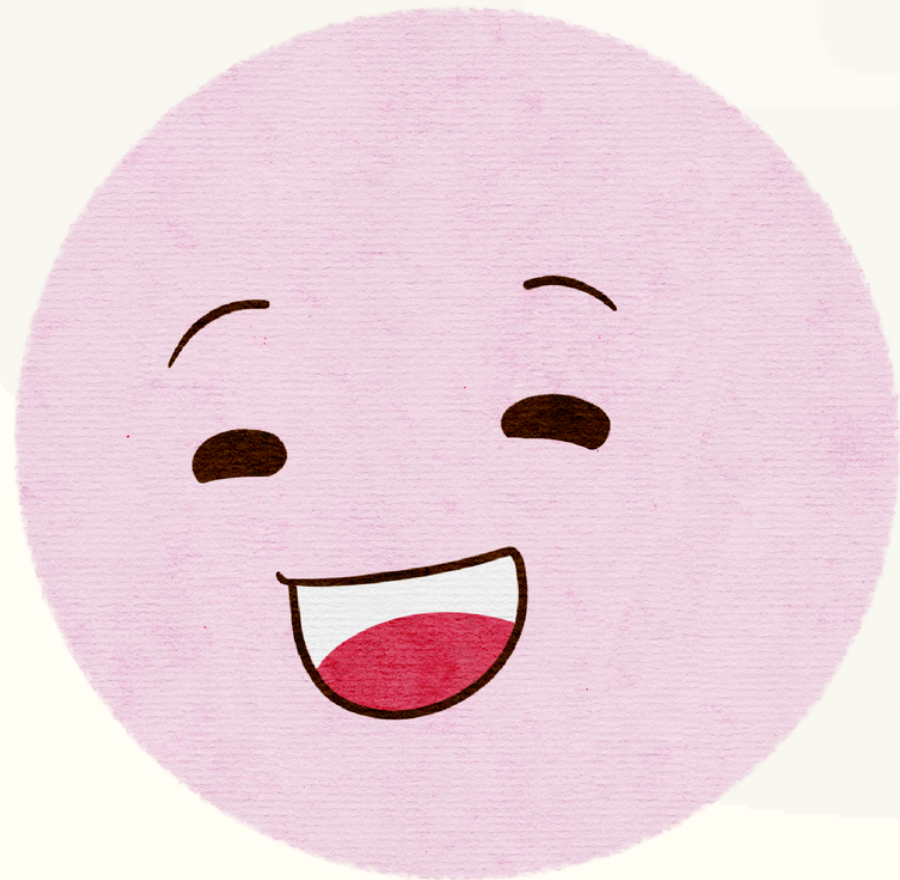
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HOW ARE YOU FEELING ?

Hey there, superstar! Welcome to the amazing world of feelings!

Have you ever felt like jumping for joy? Or maybe you felt a little grumpy after someone took your favorite toy? That's your emotions talking!

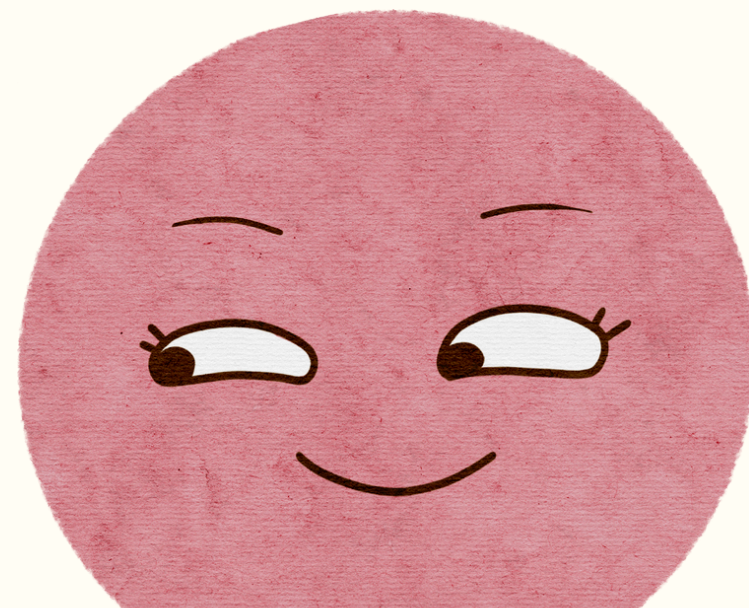
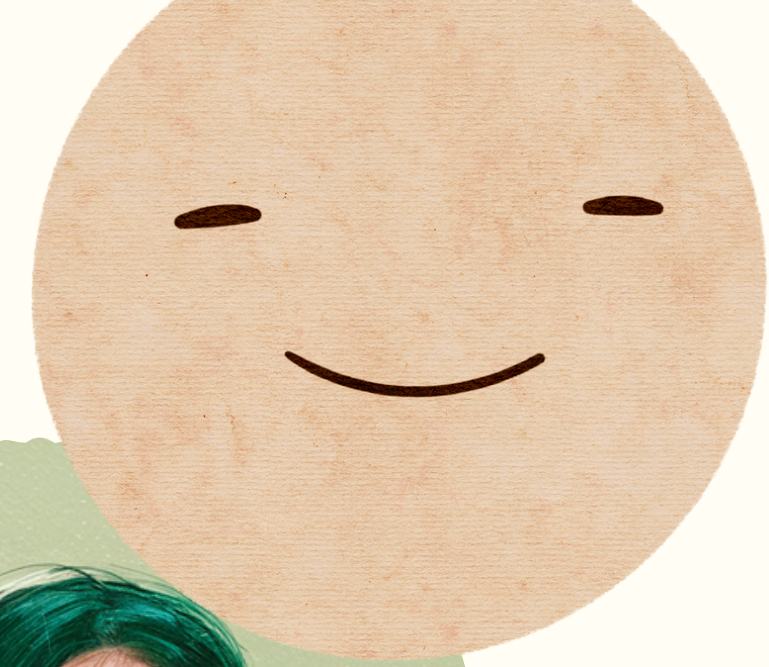




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Emotions are like special superpowers that help us understand what's going on inside ourselves. They can be happy and exciting, or sometimes a little yucky. But no matter what, they're all important!

Just like there are different levels in your favorite video game, there are different levels of feelings too! Today, we'll learn about the Big Five, the coolest crew of emotions around:





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# **LEVEL 1: SUNSHINE SURPRISE (HAPPY!)**

This is the feeling of winning a game, getting a hug, or seeing your best friend! You feel good, excited, and ready to take on the world!





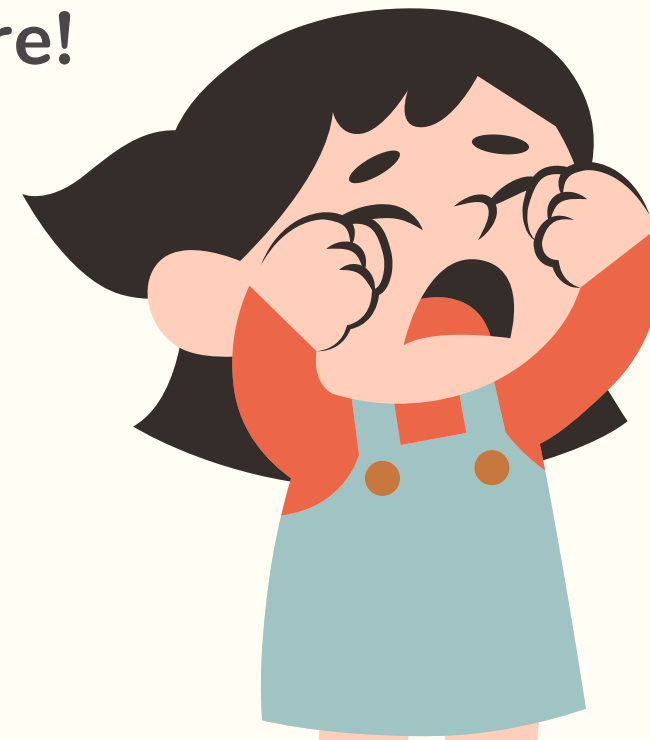
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## **LEVEL 2: RAINDROP BLUES (SAD)**



Sometimes, even superheroes feel down. Maybe you lost something special, or someone said something mean. It's okay to feel sad – it just means you care!

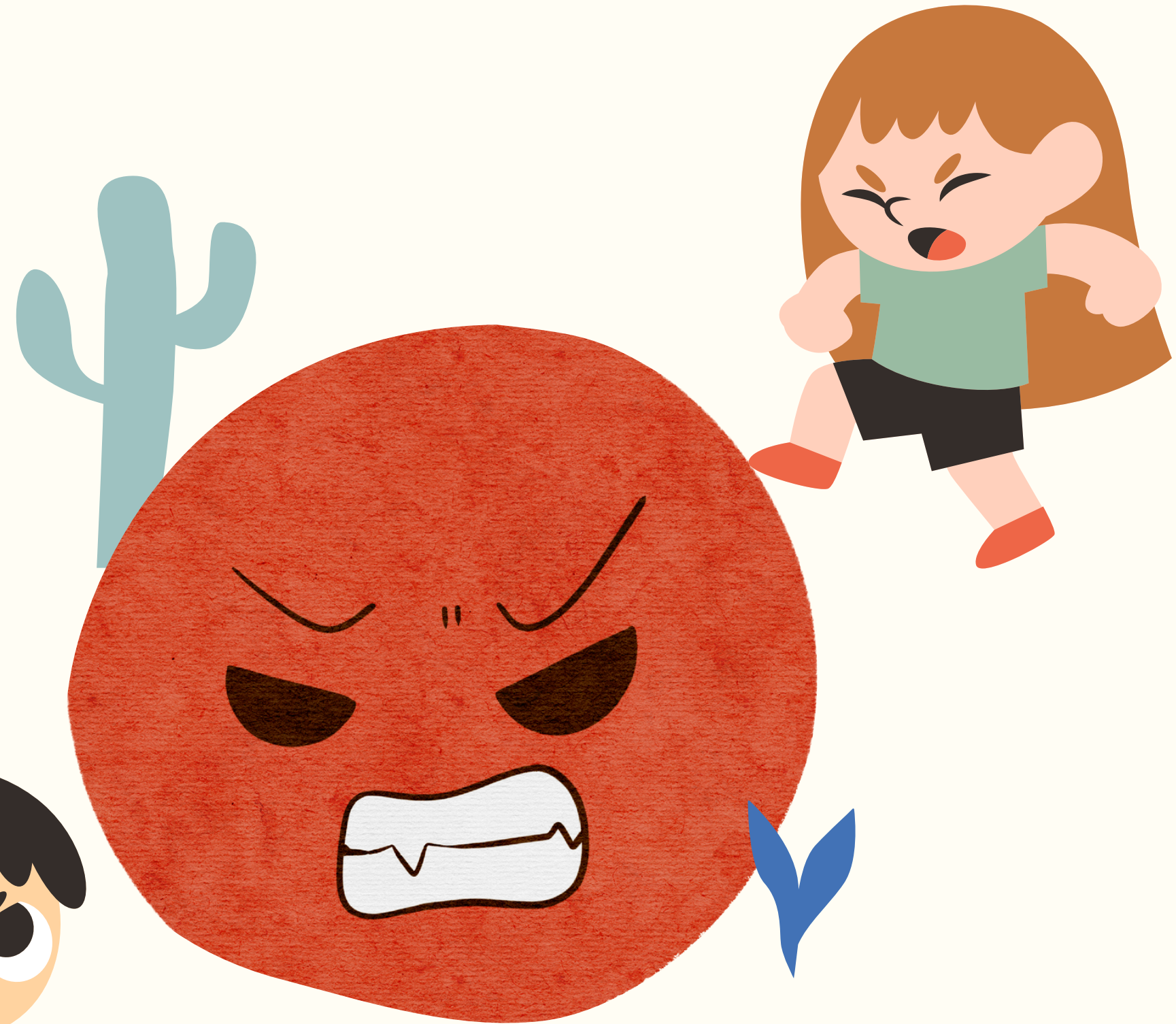




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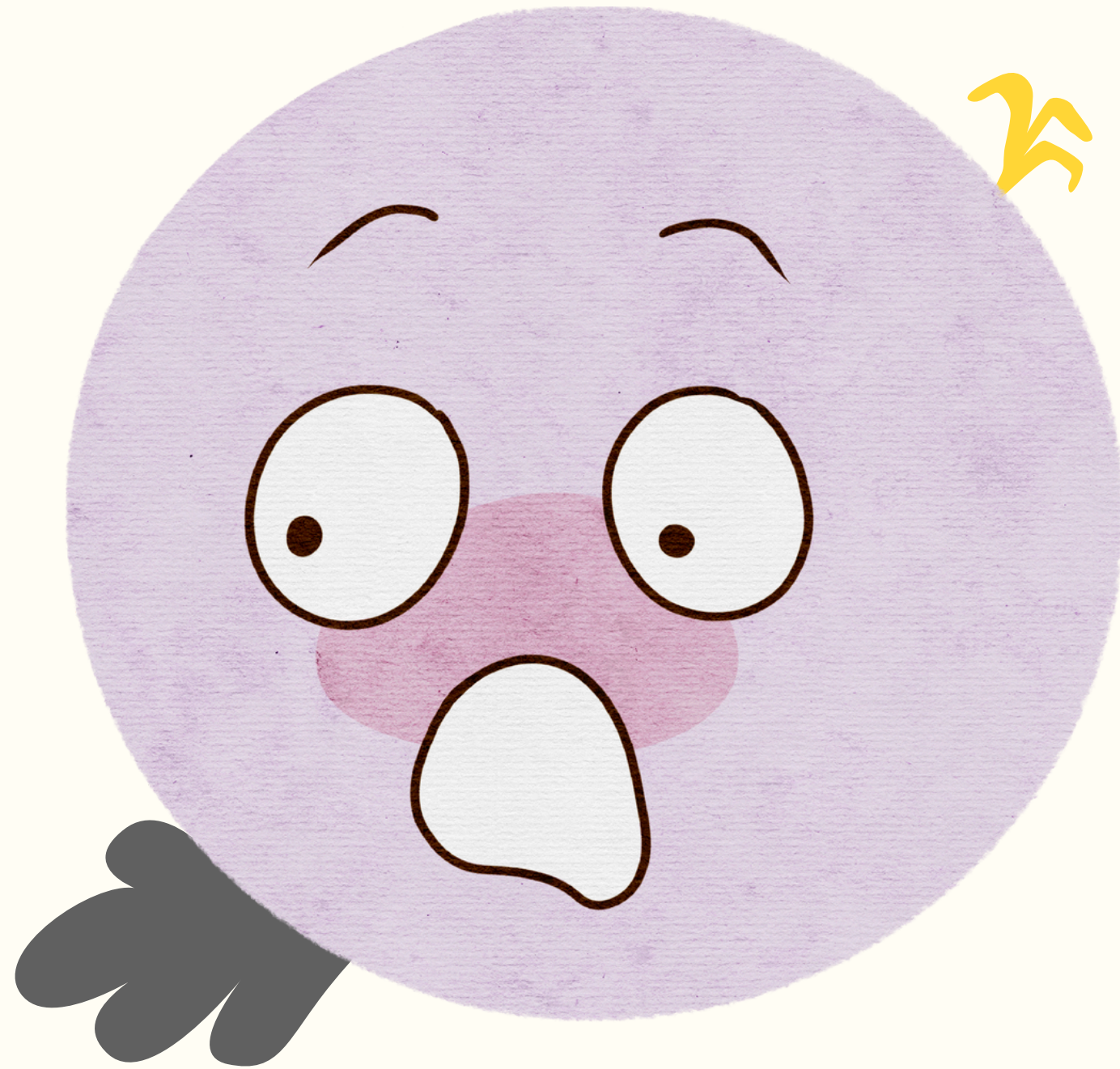
## **LEVEL 3: FIRECRACKER FURY (ANGRY!)**

Uh oh, someone took your turn? You might feel frustrated, annoyed, or even like stomping your feet. But remember, there are better ways to deal with anger. We'll learn some cool tricks later!





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## **LEVEL 4: SPOOKY SURPRISE (SCARED!)**

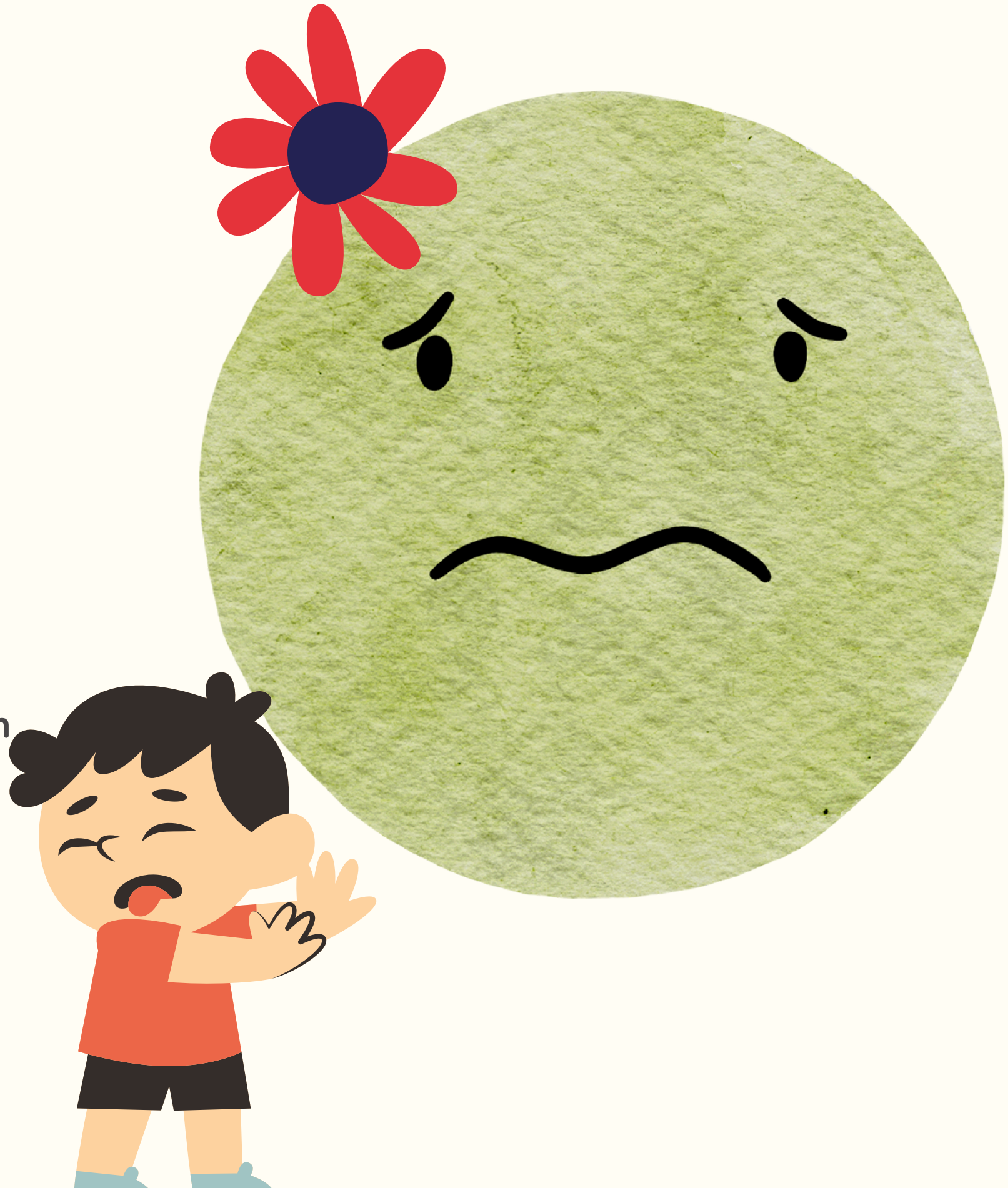
Did the lights go out? Maybe you heard a strange noise. Feeling scared is normal, but it doesn't have to stop the fun! We can be brave together and see what's really going on.



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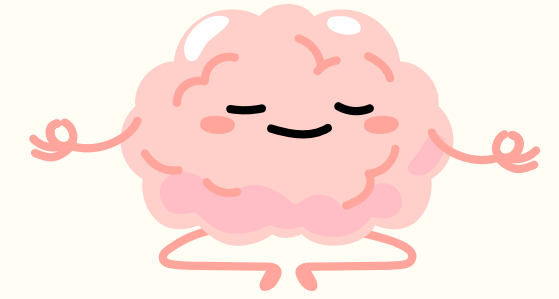
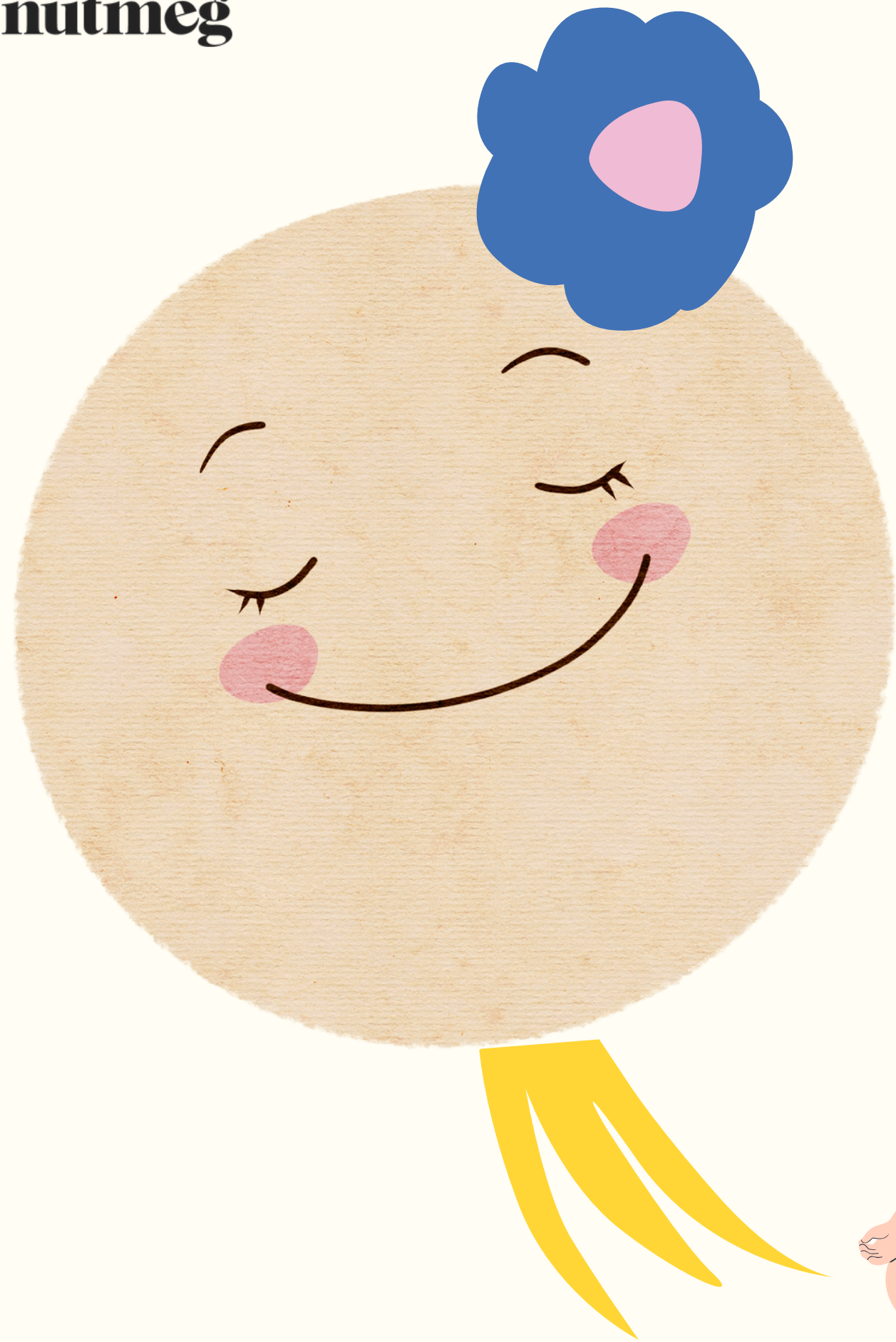
# **LEVEL 5: YUCKY MONSTER (DISGUSTED!)**

Blech! Did someone forget to clean up after their snack? This feeling makes you want to wrinkle your nose and say "eww!" But remember, even gross things can sometimes be helpful (like knowing when something might be bad to eat!).





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# LEVEL UP! CHILL ZONE (CALM)

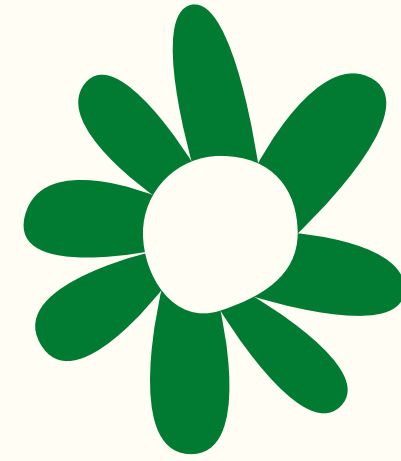
This feeling is like taking a deep breath after a big game. You feel relaxed, peaceful, and maybe even a little sleepy. It's like your mind and body are taking a break and getting ready for the next adventure!

Feeling calm is like having a superpower that helps you recharge and face anything that comes your way!





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**YOU'VE JUST UNLOCKED A WHOLE NEW LEVEL IN THE GAME OF EMOTIONS! NOW YOU CAN RECOGNIZE THE BIG FIVE AND EVEN THE SUPER COOL CHILL ZONE FEELING. REMEMBER, ALL YOUR FEELINGS ARE IMPORTANT, AND THERE ARE AWESOME WAYS TO DEAL WITH THEM ALL.**

**KEEP EXPLORING THE WORLD OF EMOTIONS, AND YOU'LL BE A MASTER OF YOUR FEELINGS IN NO TIME! ✨**

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