

SIMPLIFIED COUNSELLING UNIT

Getting Mad : Help for Students



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Grade / Topic Level : Teens and Adults

Reading Level : Grade 2 - 4.

Getting Mad: Help for Students
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Chapter 1

Different Kinds of Feelings

People have many kinds of feelings inside their bodies.
Many people feel happy or sad or mad or scared every day.



Sometimes people have other feelings like excited, or hyper or relaxed.
Most people like to feel happy or excited.



They don't like to feel sad or scared. They don't like to feel mad because
this feeling sometimes gets them into trouble.



Remember: Mad is the same as angry. Both words are used in this
book.



Quiz 1

Different Kinds of Feelings

Fill the space in each sentence with a word from the box below.
The first letter of the word has already been written in the space.

1. People get many kinds of f _____ inside their body.
2. Most people like to feel h _____ or excited.
3. People don't like to feel sad or s _____.
4. Most people don't like to feel m _____.
5. People who are mad sometimes get into big t _____.
6. Mad means the same as a _____. Both words are used in this book.

mad	trouble	scared
angry	happy	feelings

