

I have a feeling inside me
 Tied up in one big knot
 I'm not sure what this feeling is
 That's hit a tender spot
 I'd like to find words to describe it
 And how it came to be
 I think that you could help me
 By listening to me
 Words to describe my feelings
 Will help me set things straight
 Words to describe my feelings
 Will lift this heavy weight



Watch Shao sing the
Work Out Strong Feelings song

<http://www.youtube.com/watch?v=qSng1Rsez88>



Praise your child for working out strong feelings!

I can work out strong feelings



Shao the Panda

Name _____

FOLD HERE FIRST

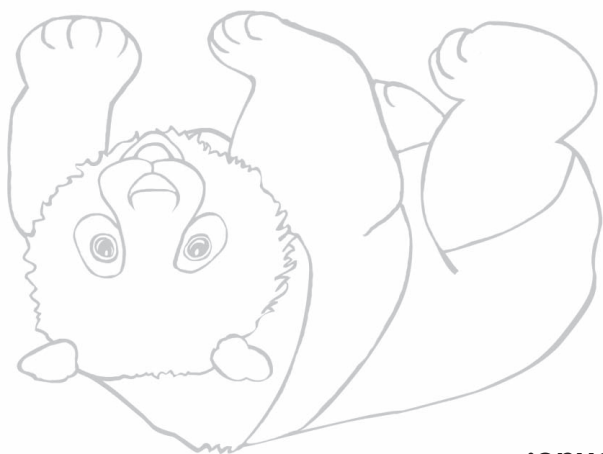
Parents,
 Read the steps to working out strong feelings with
 your child. Then take turns showing each other
 how you work out strong feelings.



Here's how to follow directions:

- Stop and take 3 deep breaths
- Relax tense muscles
- Talk with a good friend or adult about how you feel.

Parents,
 Ask your child...
 How does working out strong feelings help you in
 school?
 What makes it hard for you to work out strong
 feelings sometimes?



Trace with a pencil, then color the picture
 of Shao.