

Thinking Thoughts and Feeling Feelings



01 Where You Think A Thought.m4a

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This is Evan, Ellie, Jesse and Molly. They're kids, just like you.



They use their feet to move, hands to touch, mouths to talk and eyes to see.

We can see these body parts work as they do their jobs.

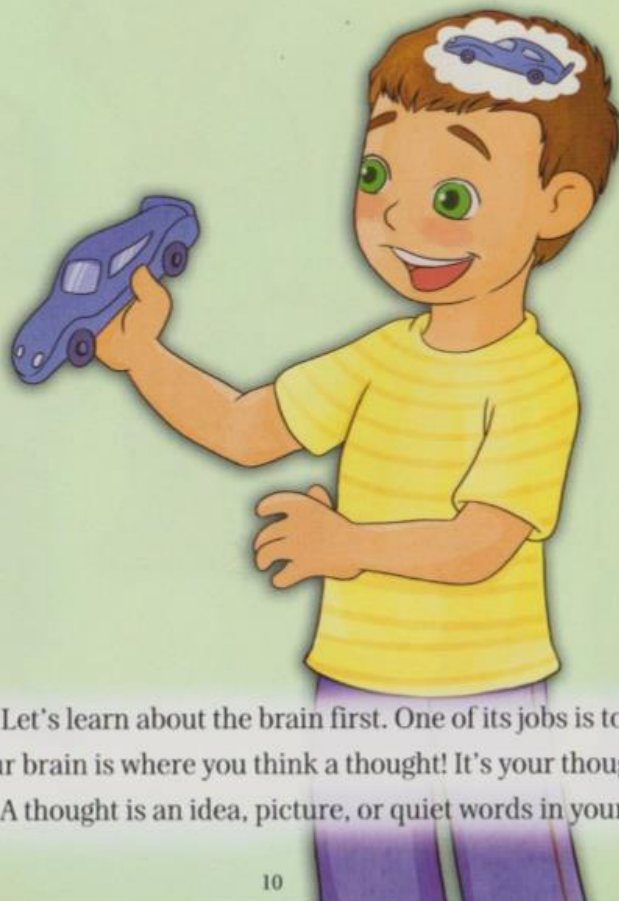
Stop and Do



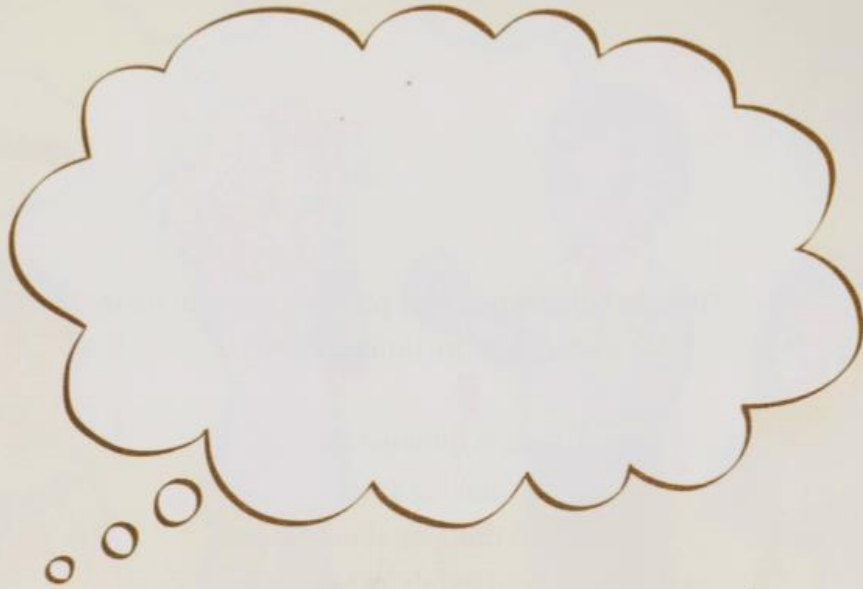
You have body parts you can't see because they are on the inside.
We're going to learn about your BRAIN and your HEART.

Your brain is in your head and your heart is in your chest.
We use them when we are with other people.



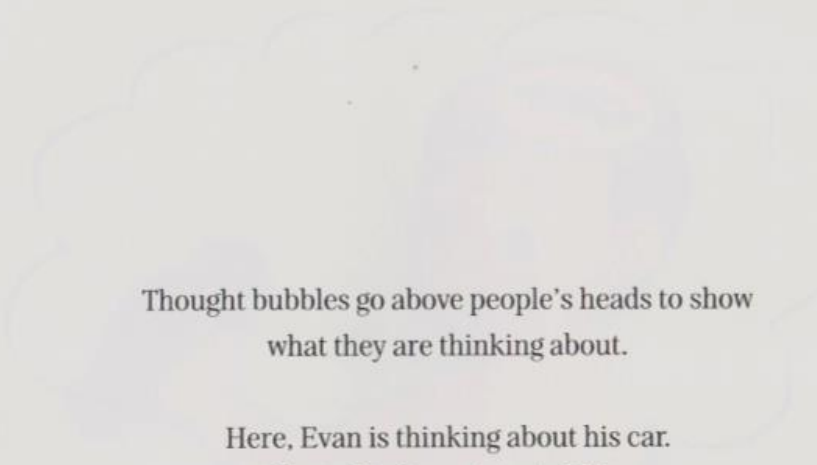


Let's learn about the brain first. One of its jobs is to think.
Your brain is where you think a thought! It's your thought maker.
A thought is an idea, picture, or quiet words in your brain.



To learn about a thought, we can draw a picture like this.
It's called a thought bubble.





Thought bubbles go above people's heads to show
what they are thinking about.

Here, Evan is thinking about his car.
Ellie is thinking about bubbles,
Jesse is thinking about blocks,
and Molly is thinking about her stuffed animal.





We have our own thoughts.
Molly is alone in the reading corner.
She is thinking about the book she is reading.



We have thoughts about others.
Evan, Ellie, Jesse and Molly are playing together.
They are thinking about each other and their game.





Now let's learn about your heart.

One of its jobs is to feel. Your
heart is your feelings keeper.
A feeling is something that
happens in your body.



Stop and Discuss





We can have
a lot of different feelings.



Happy



Sad



Scared



Angry



Surprised

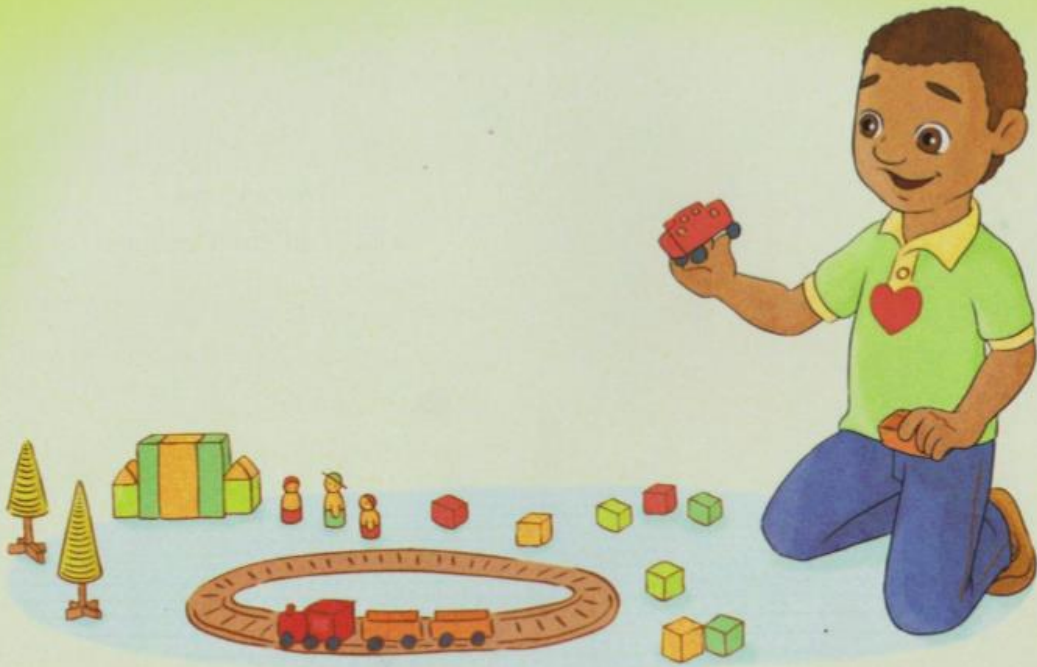












We have feelings when we are alone.
Jesse is playing with his trains by himself.
He is feeling happy.



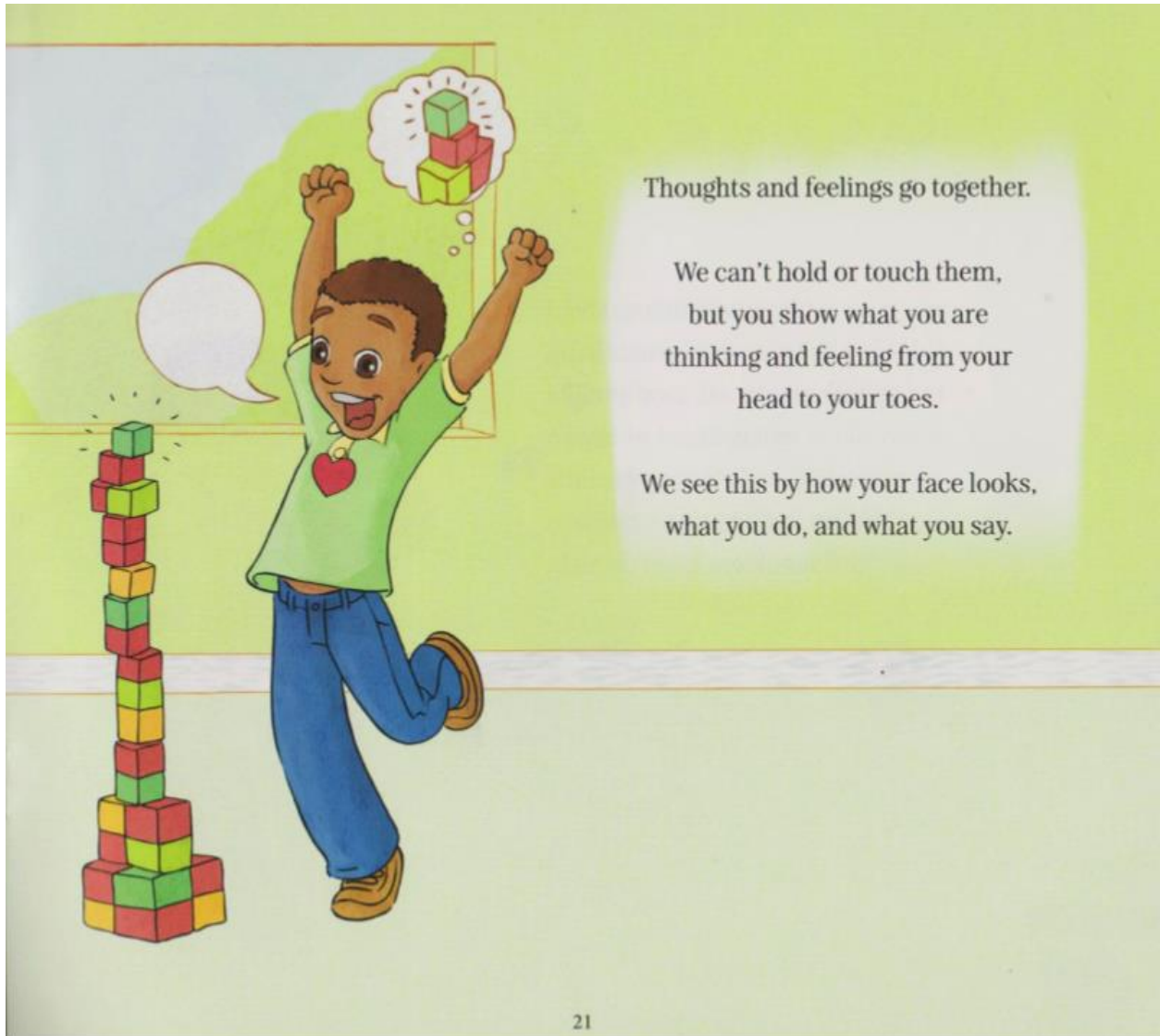
We also have feelings when we are around other people.
Evan, Ellie, Jesse and Molly are playing together.
They are all feeling happy.



Stop and Notice.



To help us talk about our feelings we use words like *happy*, *scared*, *mad* and *sad*. Here, Evan is feeling happy. Ellie is feeling scared, Jesse is feeling mad and Molly is feeling sad.



Thoughts and feelings go together.

We can't hold or touch them,
but you show what you are
thinking and feeling from your
head to your toes.

We see this by how your face looks,
what you do, and what you say.

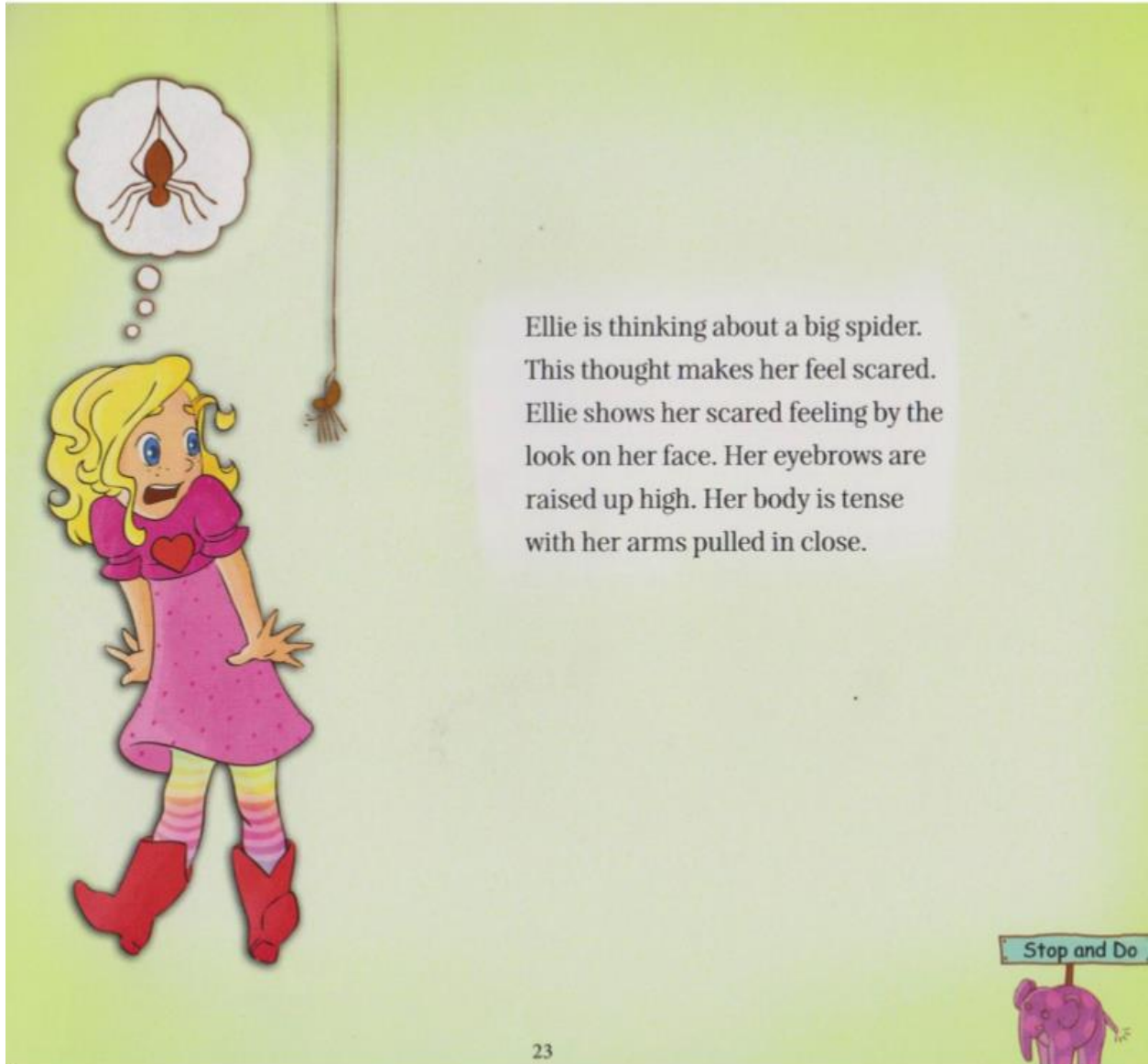
Evan is thinking about blowing bubbles. It is so much fun to pop them in the air. This thought makes him feel happy. Evan shows his happy feeling by a smile on his face, his head and shoulders lifted up high.



Stop and Do







Ellie is thinking about a big spider. This thought makes her feel scared. Ellie shows her scared feeling by the look on her face. Her eyebrows are raised up high. Her body is tense with her arms pulled in close.





Jesse is thinking about his art. It got ripped. This thought makes him feel mad. We can see his mad feeling by the look on his face. His eyebrows are close together and his mouth is turned down in a frown. His arms are crossed and he stomps his feet.



Stop and Do



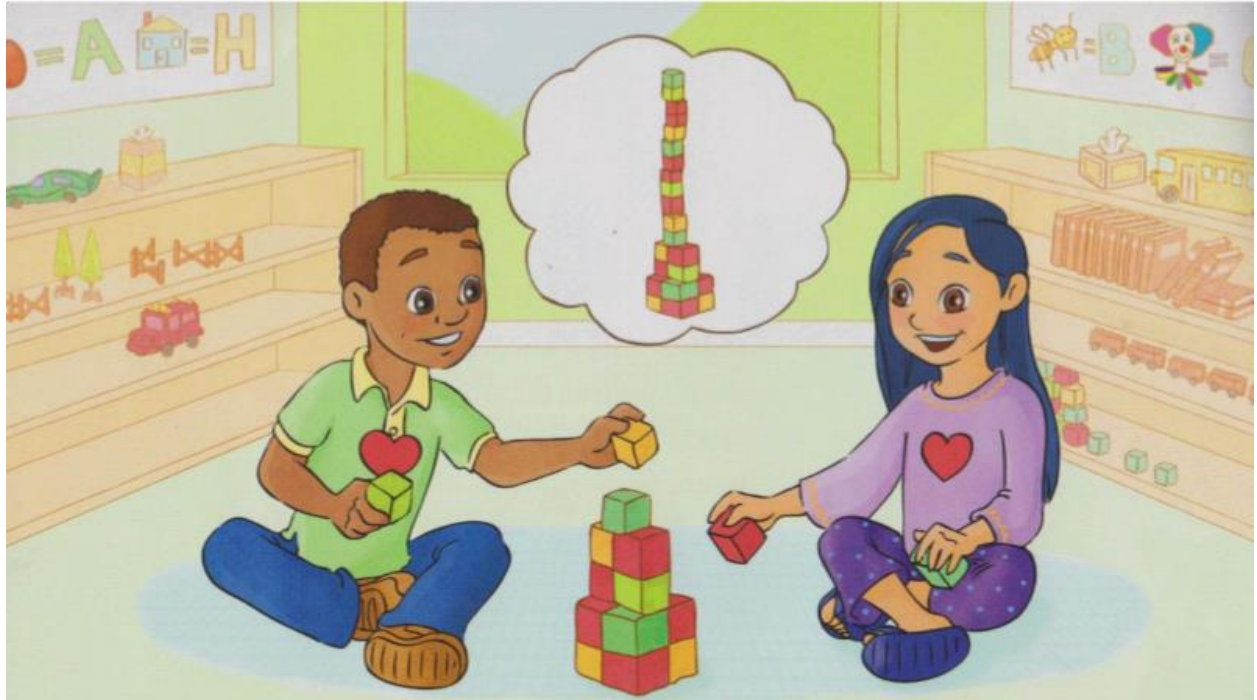






Molly is thinking about the ice cream she dropped on the ground. This thought makes her feel sad. We can see her sad feeling by the frown on her face. Her eyes are looking down. Molly's head and shoulders are dropped down too.





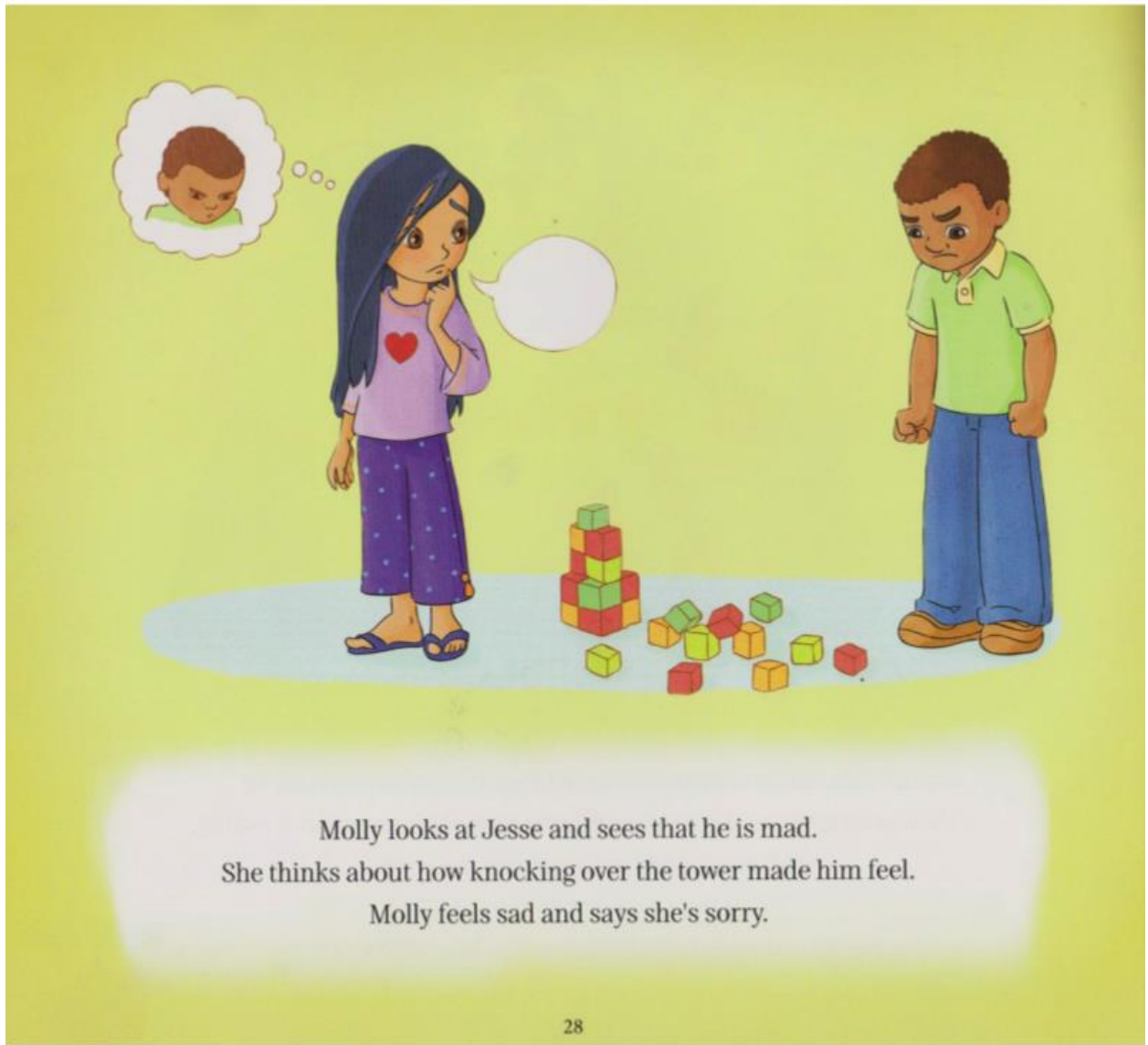
We have thoughts and feelings when we are around other people.
Jesse and Molly are building a block tower together.
They are thinking about the same thing.
Their plan is to make a tall tower.
They feel good about building and playing together.



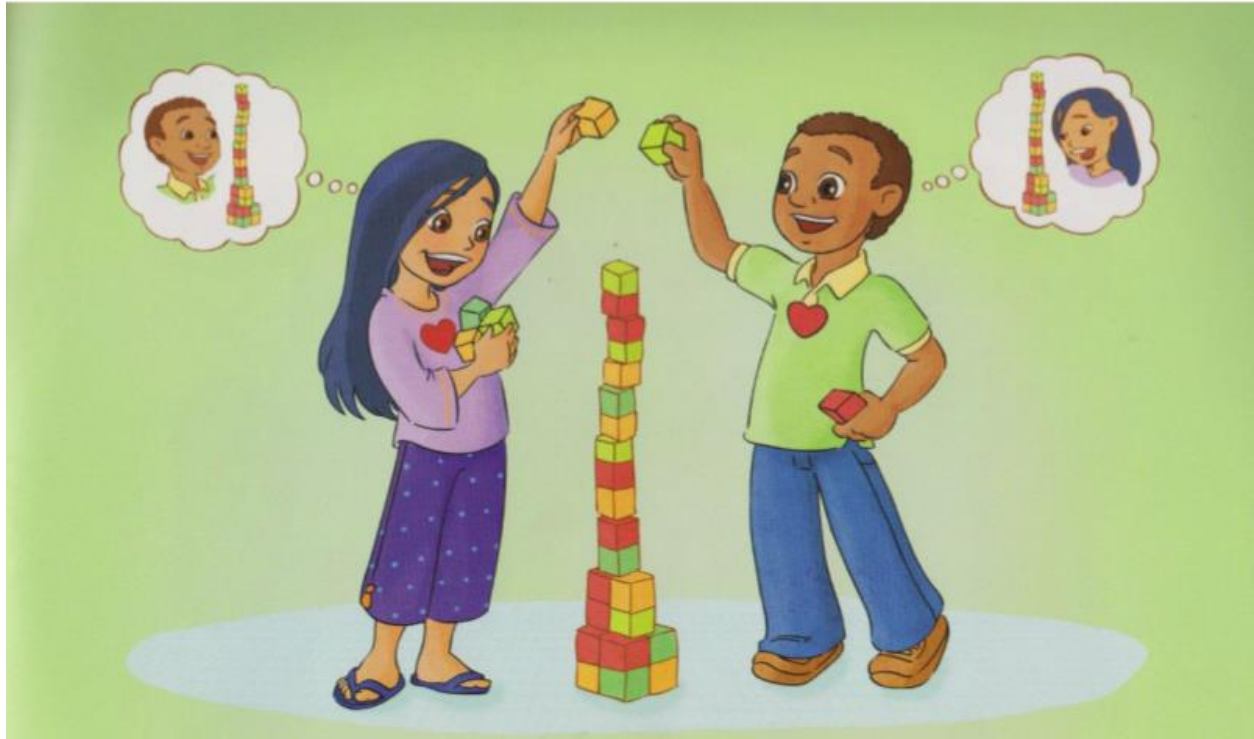
Uh-oh! Molly knocks down the tower before Jesse wants to.
He was trying to make it taller and she kicked it over without asking.
This thought makes Jesse feel mad.

Stop and Discuss

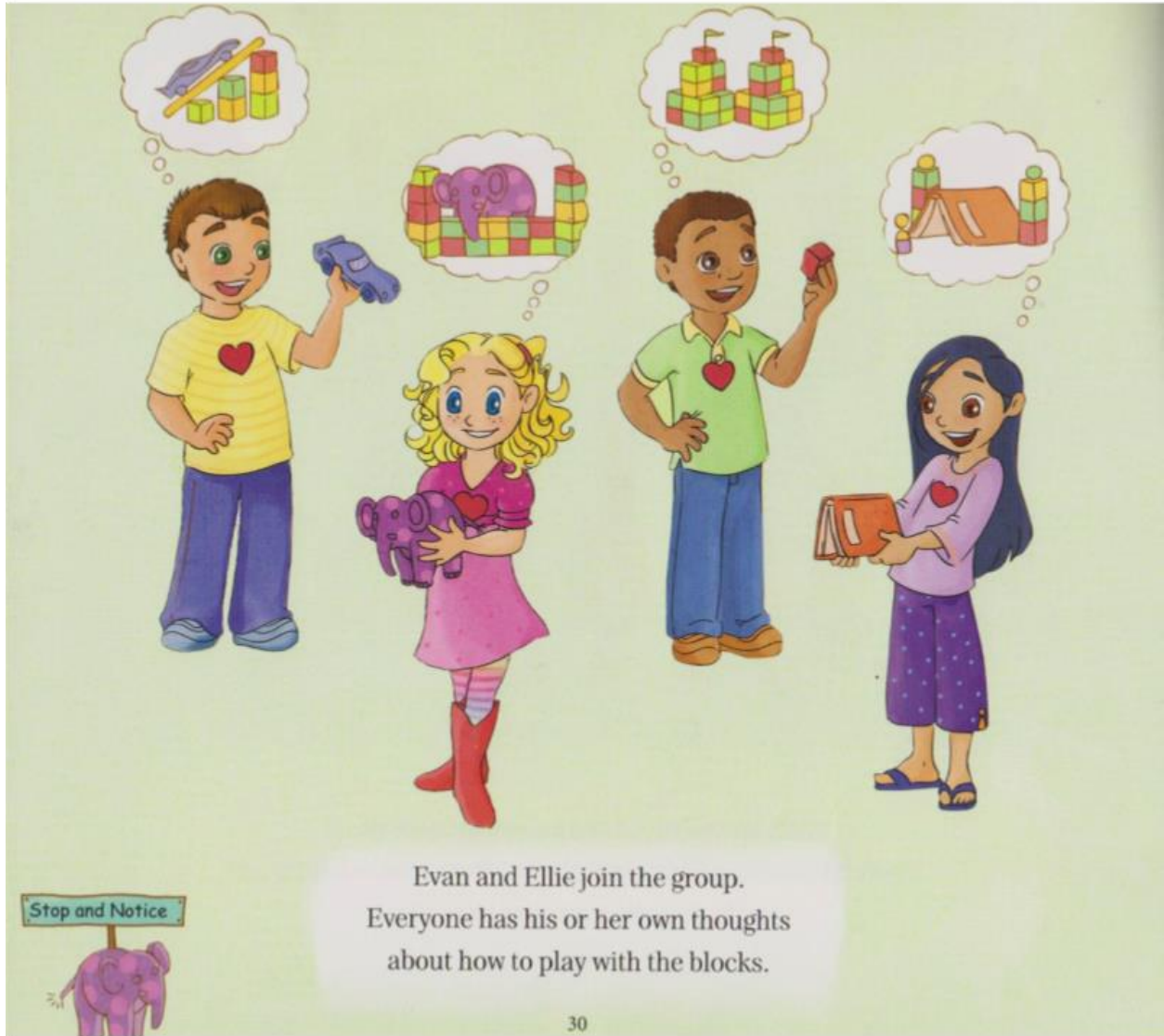




Molly looks at Jesse and sees that he is mad.
She thinks about how knocking over the tower made him feel.
Molly feels sad and says she's sorry.



Molly helps Jesse build a new block tower.
Jesse's thoughts and feelings change from mad to happy.
Molly feels good now too.



Evan and Ellie join the group.
Everyone has his or her own thoughts
about how to play with the blocks.

