

# Feelings and Emotions

Read the passage below and answer the following questions.

Feelings and emotions are like the different colors of our hearts. They can make us feel happy, excited, sad, or even angry. Sometimes, our feelings can be really strong, and other times they can be more gentle. Our feelings help us understand ourselves and the people around us better. It's important to know and talk about our feelings because it helps us grow and have good relationships with others. By learning how to handle our feelings in a positive way, we can face challenges and be true to ourselves.

1) What are feelings and emotions?

---

2) How can feelings influence our actions?

---

3) Can you give an example of a strong feeling?

---

4) How can talking about our feelings help us?

---

