



The Find Out Files my emotions



DISCOVER MORE
ABOUT YOURSELF
WITH THE
FIND OUT FILES!

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The Find Out Files

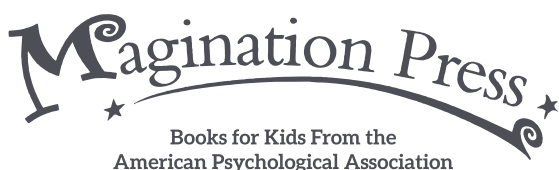
my
emotions



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Read this first!

Hello! I am Seagull. It's nice to meet you. I'll pop up throughout this book and guide you on your journey. Now, you might be wondering many things! Let's see if I can answer your questions.

What is this book about?

This book is about emotions, as you may have guessed from the title. Emotions are signals from your brain that show how you are feeling. Everyone has emotions. You can often see people's emotions based on their face and body language. Some emotions can be difficult and can make it hard to do everyday things, and some emotions are fun and make you want to have a dance party. Pretty nifty, right?

How do I use the activities?

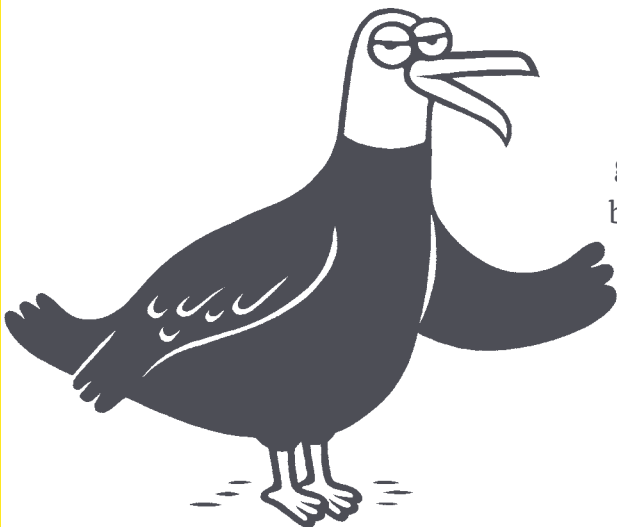
This book has drawing pages, activities, and crafts. The drawing pages are good for when you want to feel calm and focused. There are cool quizzes that will help you think about your emotions. Towards the back of the book, you'll find crafts you can cut out, like a fortune teller and note cards for writing messages. And to top it all off, there are stickers! It's very exciting.

What will I learn?

Emotions prepare you for what is happening around you and help you navigate the world. Sometimes emotions are strong and intense. Sometimes calm and gentle. This book will show you some helpful skills for understanding your emotions. These skills can help you understand yourself better. You might find that some activities are more helpful for you than others. That's totally OK. Just figure out what works best for you. Are you in?

I'm in. What's next?

Think of this book like a workbook. You can read it with a grown-up or by yourself. There's a note for your grown-ups at the back of the book. You can go through the book as slowly or as quickly as you'd like. I think it's helpful to go through the pages in order, but it's all up to you.



Ready?
LET'S GO!

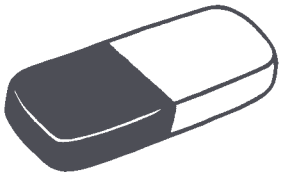
scissors



glue

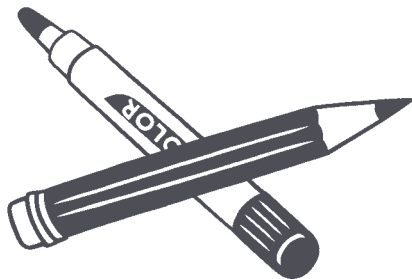
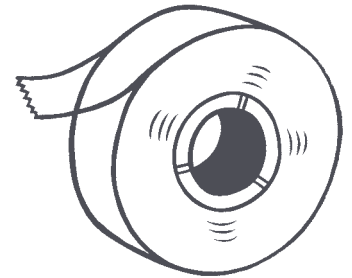


eraser

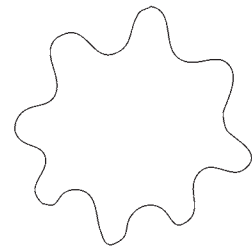


To become a
MASTER OF YOUR EMOTIONS,
you will need a few things.

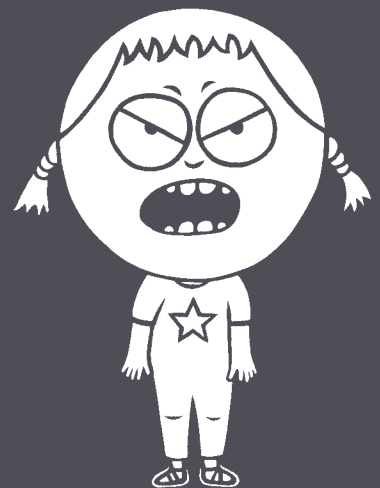
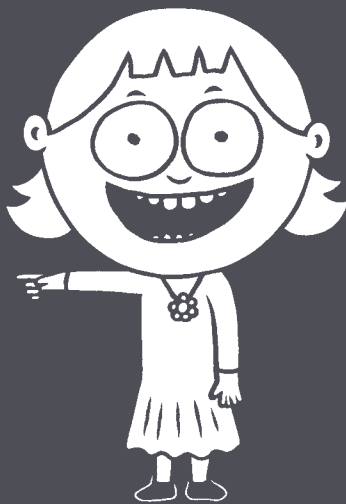
tape



markers, crayons, or pencils



You'll also need the stickers
at the end of the book.



LET'S GO ON A GREAT JOURNEY FULL OF DISCOVERIES!

You are holding this book in your hands because you have been chosen from 999,999 children to become a Master of Emotions. Color the kids however you want and then draw yourself in the space below.

Are you ready to go on this journey to become a Master of Emotions?

☐

YES

☐

NO

But why go on this journey?

To become the
strongest and most
awesome looking,
even in pajamas!

To become the most
extraordinary space
creature!

To be happy and
feel peace. To love
myself and others.

To dominate
the planet.

