

How To Talk About Your Feelings For Kids

Sometimes it is hard to talk about how you feel. It does not feel good when people do not know what you need from them. That is why communication is important. Use these sentence starters to express what you need people to know about you.

I feel sad when...

I get scared when...

I don't want...

I feel loved when...

I feel appreciated when...

I need people to know...

