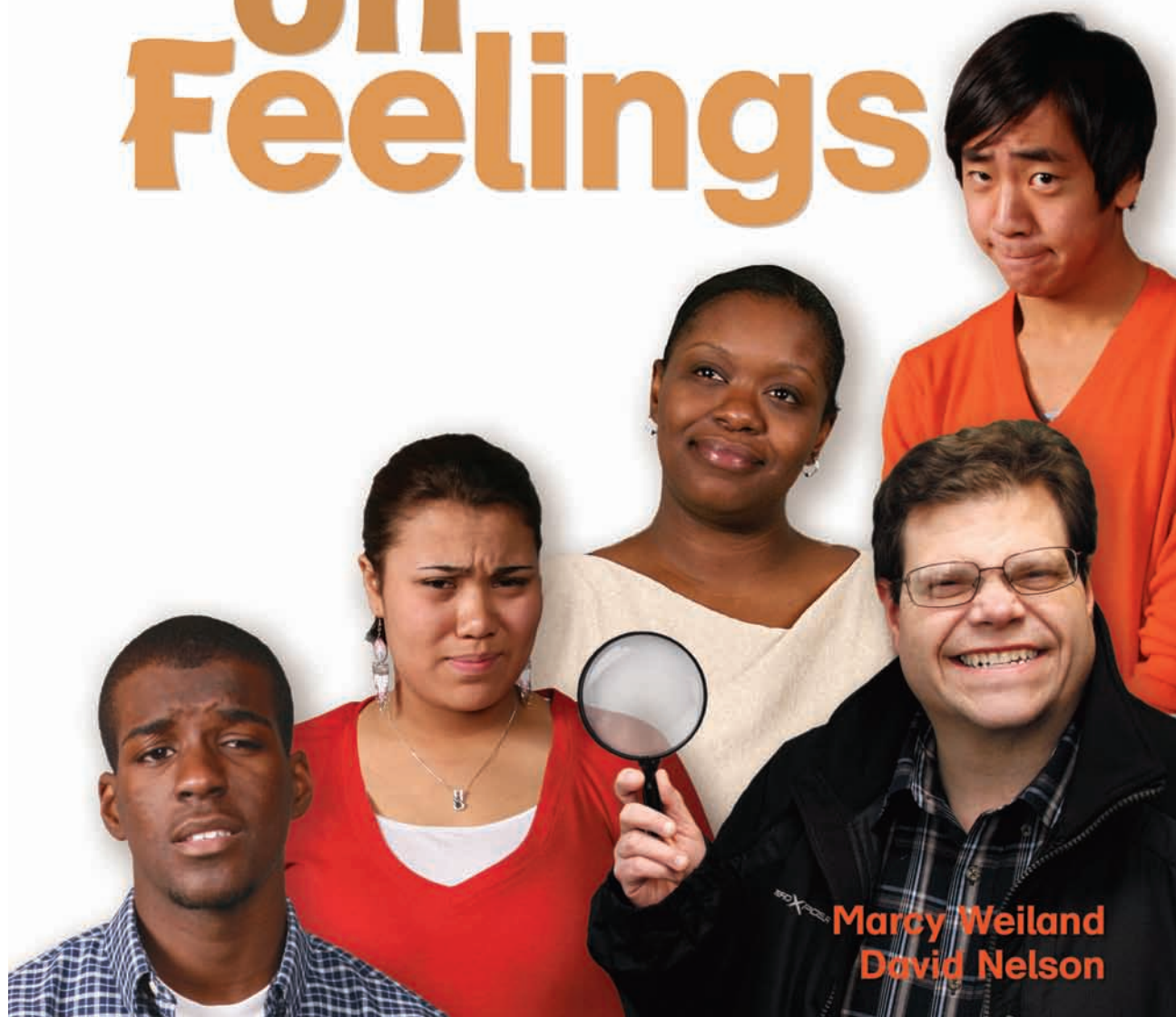


Attainment's

FOCUS on Feelings



Marcy Weiland
David Nelson

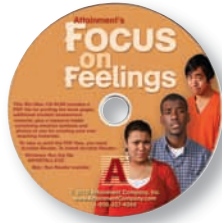
Focus on Feelings

Written by Marcy Weiland and David Nelson

Photographs by David Nelson

Illustrations by Beverly Potts

Cover design by Jo Reynolds



The Win/Mac CD-ROM includes a PDF file for printing the book pages.

Also provided on the disk is a folder of JPEG images that includes the photos of facial expressions used for the exercises in the book, and our complete collection of emotion symbols. These images may be freely used to create student materials.

The PDF file requires Acrobat Reader software. If Acrobat Reader is not already on your computer, it can be installed from the CD:

Windows: Run ARINSTALL.EXE on the CD.

Mac: Run Reader Installer on the CD.

After installation, run Acrobat Reader and open the file **FocusFeelings.pdf** from the CD to view or print book pages.

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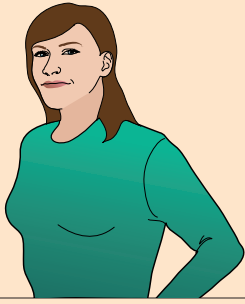
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I Am Good at My Job

Lee works in the shipping department.
Would you like to have his job?



Emotion dictionary



proud

Proud means: Pleased with something you have or did.

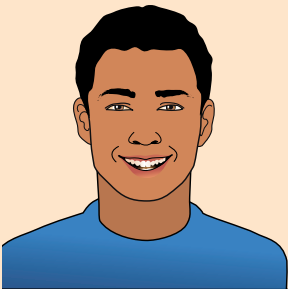
I am good at my job and that makes me proud.



worried

Worried means: Afraid or anxious about something.

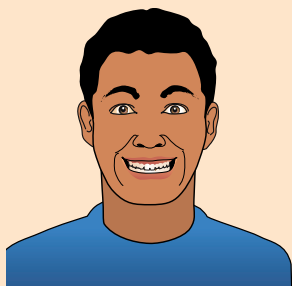
My sister is late and I am worried about her.



happy

Happy means: Glad, pleased, or comfortable.

I am happy to be out in the sunshine.



eager

Eager means: Excited about doing something.

I am eager to go to the zoo.

Last box of the day!



I work for a music company.
I work in the shipping department.
We have to send out many boxes every day.
I got 32 boxes ready today.
I did my work faster than I ever did before!

How do I feel?



disgusted



proud



sad

I find a note from my boss.



There is a piece of paper in my mailbox at work.
It reads: "Please come to my office right away."
It is signed by Linda, my boss.
Why does she want to see me?
Did I do something wrong?

How do I feel?



worried



eager



happy

My boss has a present for me!



I am not in trouble at all.

Linda says I am doing a great job!

Linda is holding out two tickets to Friday's baseball game.

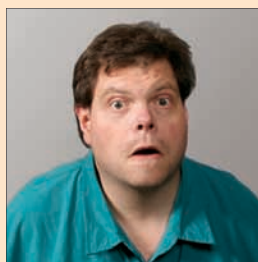
She says, "I won these tickets. Do you want them?"

Are you kidding?

How do I feel?



mad



startled



happy

See you later!



Today is Friday, the big day.

Linda says I can take the whole afternoon off.

I cannot wait to get to this game.

I am going to eat popcorn or a hot dog.

Maybe I will eat both!

How do I feel?



scared

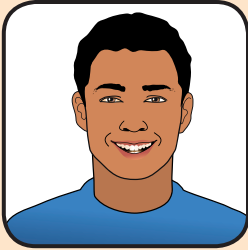


eager



mad

Connect the face to the feeling.



happy



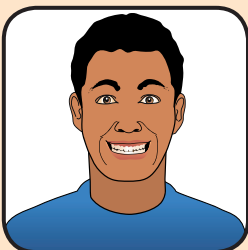
proud



worried



eager



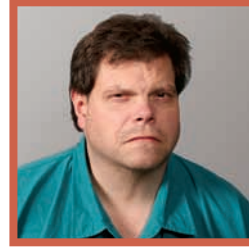
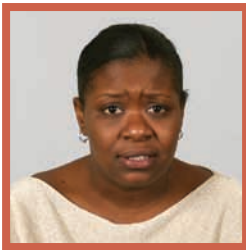
sick

What do you think?



Why was Lee worried about talking to his boss?

Two of these people feel worried.



Can you find them?

Game Day

Lee has a hard decision to make.

Do you ever have to make hard decisions?



Emotion dictionary



conflicted

Conflicted means: Not able to decide.

I am conflicted about whether to watch baseball or football on TV.



relieved

Relieved means: Feeling that worry or stress has been taken away.

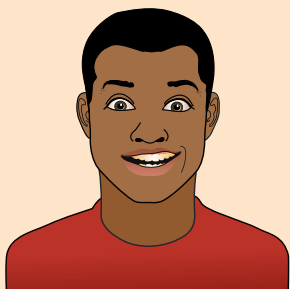
I am relieved the test is over.



startled

Startled means: Suddenly surprised or frightened for a moment.

I was startled when the door blew open.



thrilled

Thrilled means: Excited and very happy.

I was thrilled to meet my favorite actor.

Who do I give my ticket to?



I have two tickets for the big game.

I also have two best friends who love baseball.

Two people plus me is three, but I only have two tickets.

Which friend should get the second ticket?

I do not know what to do!

How do I feel?



conflicted



scared



thrilled

We figure it out.

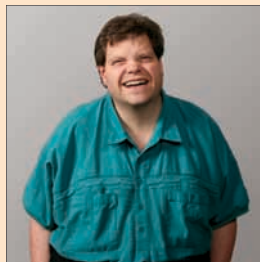


I decide to talk to my friends about the problem.
We figure out that we can pay for one ticket.
We can buy the ticket together and split the cost.
That way, it will not cost any of us very much money.
Now we all can go to the game together!

How do I feel?



worried



relieved



sad

Flying popcorn!



We get to our seats and cheer for our team.
Suddenly I see popcorn flying everywhere.
A man behind me is falling forward.
He is spilling his popcorn all over me.
I was not expecting that!

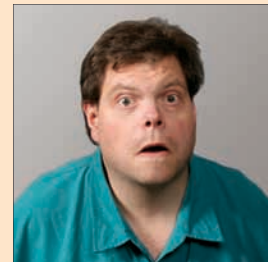
How do I feel?



proud



happy



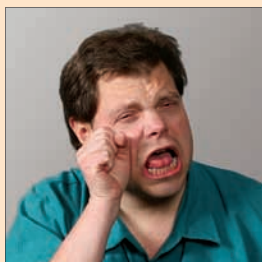
startled

A big catch!



I shake off the popcorn and watch the rest of the game.
My favorite player, Mike Fox, hits the winning home run.
He hits the ball into the right field stands, and I catch it!
This is the best game ever!
I am going to ask Mike to sign this special baseball.

How do I feel?



sad



mad

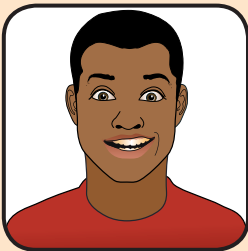


thrilled

Connect the face to the feeling.



thrilled



conflicted



startled



relieved



sad

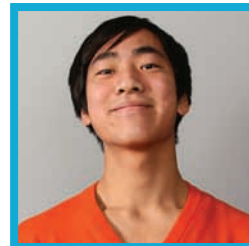
What do you think?



2 

Why was Lee conflicted about his two tickets?

Two of these people feel conflicted.



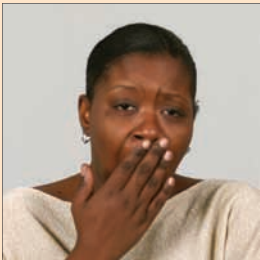
Can you find them?

Problem solved!



After school the boys tell how this argument started. The fight was about last Friday's soccer game loss. Yesterday Jay said Raj was the "goat" who blew the game. I ask him to apologize, and he does. Now they are even shaking hands!

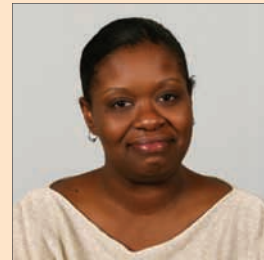
How do I feel?



tired



annoyed

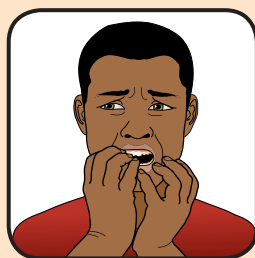


satisfied

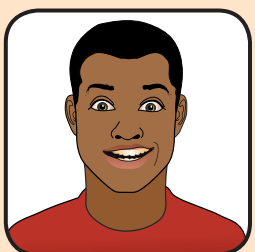
Connect the face to the feeling.



relieved



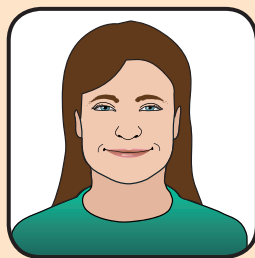
thrilled



worried



scared



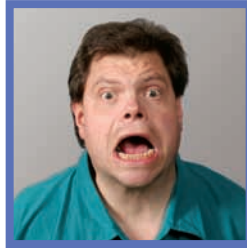
satisfied

What do you think?



Why was Adina scared about the fight?

Two of these people feel scared.

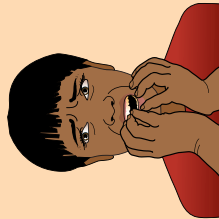
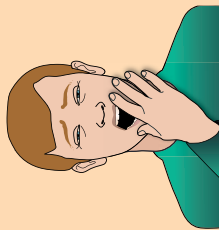
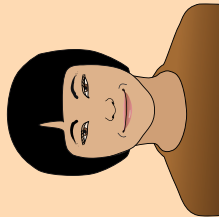
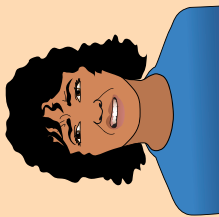


Can you find them?

Choose one face for each feeling.

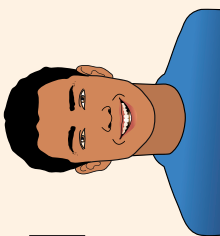
annoyed

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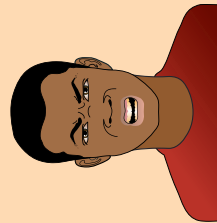
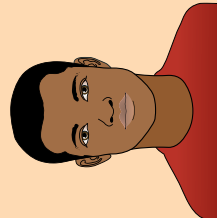
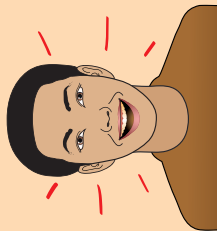
bored

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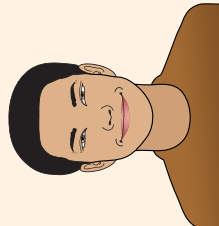
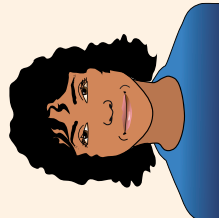
calm

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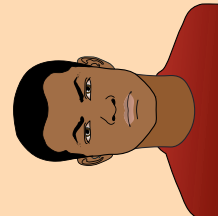
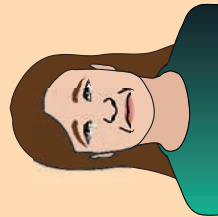
cold


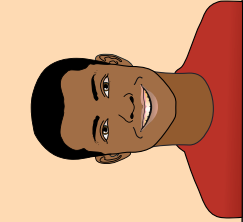
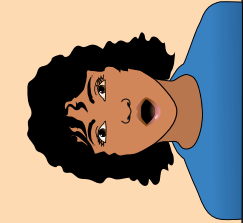
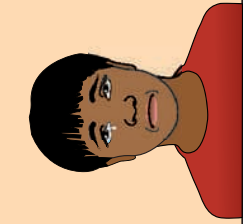
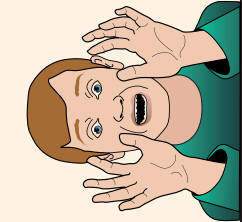
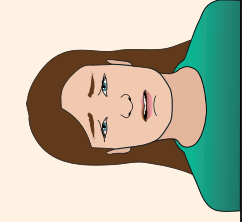

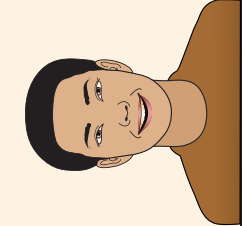
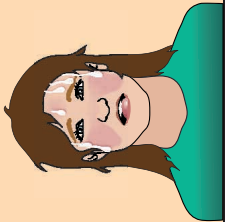
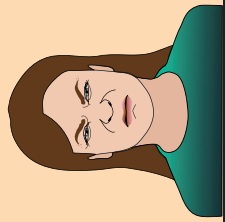

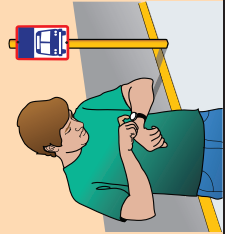
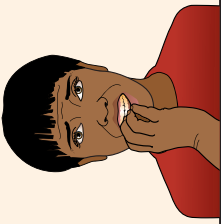
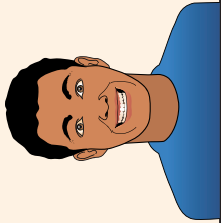
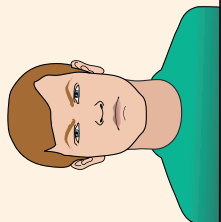
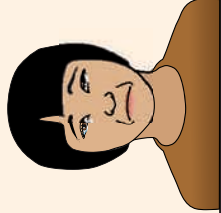
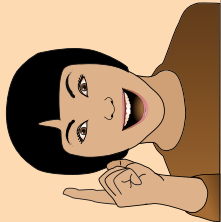

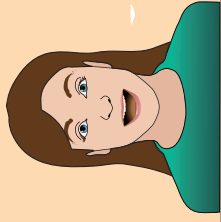

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conflicted

PAGE 14



Choose one face for each feeling.				
<p>confused</p> <p>PAGE 54</p>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
<p>disappointed</p> <p>PAGE 62</p>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
<p>disgusted</p> <p>PAGE 110</p>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
<p>eager</p> <p>PAGE 6</p>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
<p>embarrassed</p> <p>PAGE 46</p>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>