

Talking About My Feelings

A Social Story

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Hi there!

My name is _____. I am ___ years old.

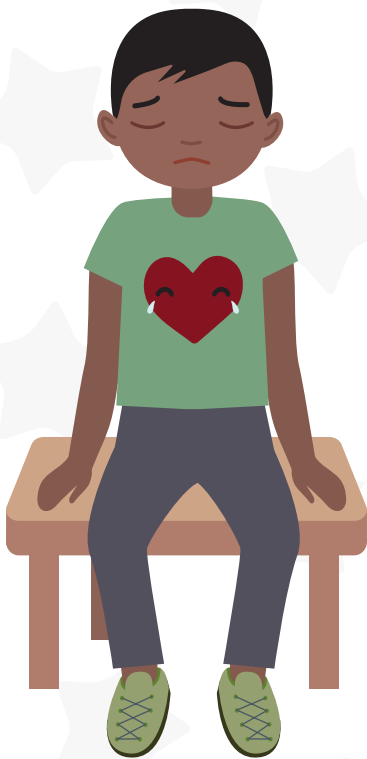
I am strong and brave.

I have very strong feelings too.



**Sometimes my strong feelings lift me up,
like when I am very excited or happy.**

I feel really excited when -----.



Other times my strong feelings are yucky and
sad, like the time when _____.



When I am feeling yucky it can be hard to pay attention to my work or get along with my friends and family. It's also hard for me to fall asleep.



My mind is so full of feelings, there's no room for anything else. I know it's hard work but there is something I can do- talk to an adult that I trust.



Before I start talking about what's on my mind, I make my body really comfortable. I take a sip of water and sit on a soft and cozy seat.



When I speak to an adult, it helps a lot to
have pictures in front of me.

Pictures make it easier to express **what** I
feel and figure out **why** I feel that way.



Sometimes I feel very sad and hurt. Other times I feel confused and terrified. I can be totally honest about my feelings because all feelings are okay to have. I am strong when I am honest about how I feel.



While I talk about feelings and answer hard questions, it can be uncomfortable and my body feels jittery. It helps to hold something in my hands that I can squeeze or chew on, to calm down.



Talking about my feelings with
someone I trust makes me even
stronger. Knowing how to do that is the
coolest superpower there is!



Draw a picture of how YOU feel now!