

"I wonder if the character **F**eels . . . **A**bout . . . **B**ecause they need . . . ?"

Pleasant Emotions		Unpleasant Emotions		Universal Human Needs			
Curious Interested	Excited, Enthusiastic Energetic, Eager	Angry, Mad Furious, Upset	Confused, Puzzled Mixed Up, Unsure	Capability, Skills Competence	Choice, Autonomy Freedom	Community Friends, Belonging	Giving, Sharing
Thankful Grateful	Playful Exuberant	Worried Scared, Afraid	Tense, Unsettled Concerned	Help, Support	Learning, Discovery Exploration	Play, Fun	Respect, To matter To be considered
Friendly, Loving Tender, Warm	Happy, Glad Delighted, Cheerful	Frustrated Discouraged	Sad, Unhappy Disappointed	Rest, Relaxation	Safety, Trust	Self-expression Creativity	To be heard To be understood
Peaceful, Content Calm, Relaxed	Surprised, Shocked (Pleasant)	Lonely	Surprised, Shocked (Unpleasant)	Understanding Me Self-empathy	Understanding Others, Empathy	Predictability Routine	Other
Other		Other					

Practice Wonder **FABs** to grow emotional literacy, perspective taking and empathy!



Amplify the Impact of Storytime

Retelling stories grows academic and verbal skills.

<b>Somebody</b> in a story	<b>Wanted</b> something to meet their needs	<b>But</b> they had a problem	<b>So</b> they tried to solve it	<b>Then / At Last</b> How did the story end?

Visit [LearningTreeLiteracy.org/families](https://www.learningtreeliteracy.org/families) for more communication tools!

## Make-n-Take Bookmark Directions

1. Print this page (in color on card stock if possible, not required)
2. Cut along dotted line
3. Fold in half lengthwise
4. Glue the front and back of the bookmark together
5. Keep handy and use as a reference during storytime!

Front

Back



Amplify the Impact of Storytime

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