



GRIT



When I Feel Excited

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Sometimes, I feel excited.



Excited is when you are REALLY happy!

I might feel excited when...



I see someone I
haven't seen in a
long time!



I'm having lots of fun
with my friends!



It's my birthday!



I get to do
something I love!

When I feel excited, I might want to run and jump!



I might giggle and laugh.

How can I tell people that I'm feeling excited?





I can use words to say,
“I’m so excited!”

I can do other things when I am excited!



I can clap my hands.



I can sing and
dance
to music.



I can hug someone.

I can even:



Give a high 5.



Jump up and
down.



Play a drum.

If I see someone who is excited,
I can ask them about it!



It feels good to be excited sometimes.

