



# When I Feel Excited

**Sometimes, I feel excited.**



**Excited is when you are  
REALLY happy!**

# I might feel excited when...



**It's my birthday!**



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



**I'm having lots of fun with my friends!**



**I get to go on a special trip!**



**When I feel excited,  
I might feel bubbly inside.**



**I might giggle and laugh.**

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





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



# I can do other things when I am excited!



**I can clap my hands.**



**I can hug someone.**



**I can sing and dance  
to music.**

# 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.**

