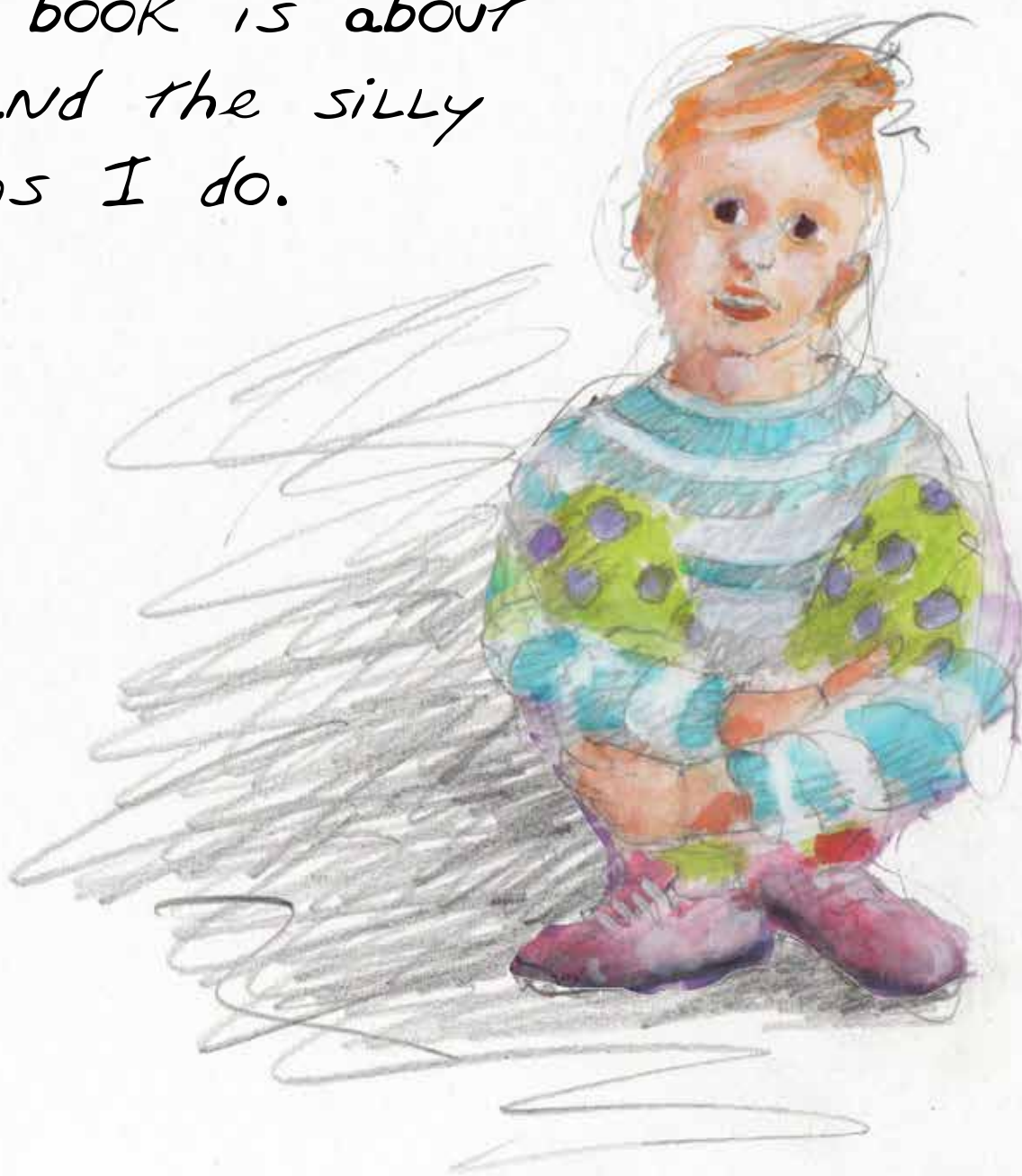


Sometimes
I Feel
Like

This book is about
me and the silly
things I do.



Sometimes I
KNOW what
I'm doing...and
sometimes I
don't. It's
really weird.



Sometimes I feel like PLAYING BY MYSELF. Maybe because I don't feel like sharing.





Sometimes I feel like it's more fun playing with friends.

Sometimes I feel like cleaning up my mess. I'm a good cleaner-upper.



Sometimes I feel
like HUGGING my
favorite people,
my cat, or my
dog. That makes
everyone smile.
Do dogs smile?
Sometimes, I
squeeze too hard.



Sometimes I feel like HITTING MY
DOG FOR NO REASON at all, even though
I LOVE her a LOT. I KNOW it's mean
but I think of that TOO late.



Sometimes I feel like eating all day
LONG, OR NOT AT ALL.

Sometimes I feel like eating cereal for
dinner and chicken for breakfast.



Sometimes
I feel
like throwing
food, even
though mommy
and daddy
get upset.



Sometimes I don't feel like LISTENING to anyone. Is that mean?





But, most of the time I LEARN NEW THINGS
WHEN I LISTEN.

Sometimes I feel like moving around all the time, especially when someone asks me to do something I don't know how to do, like:

cutting on the line,

hopping on one foot,

catching a ball,

singing,

OR WRITING ON a LINE_____

Like that one.



A colorful, abstract drawing featuring a central figure with a beard and hair, rendered in shades of orange, brown, and purple. The figure is surrounded by vibrant green and blue areas, with yellow and purple tones in the background. The style is expressive and sketchy, with visible pencil or crayon strokes. The overall composition is dynamic and layered.

Sometimes, I feel like twisting around and around in bed.



*Sometimes, I feel like
sleeping upside down.*

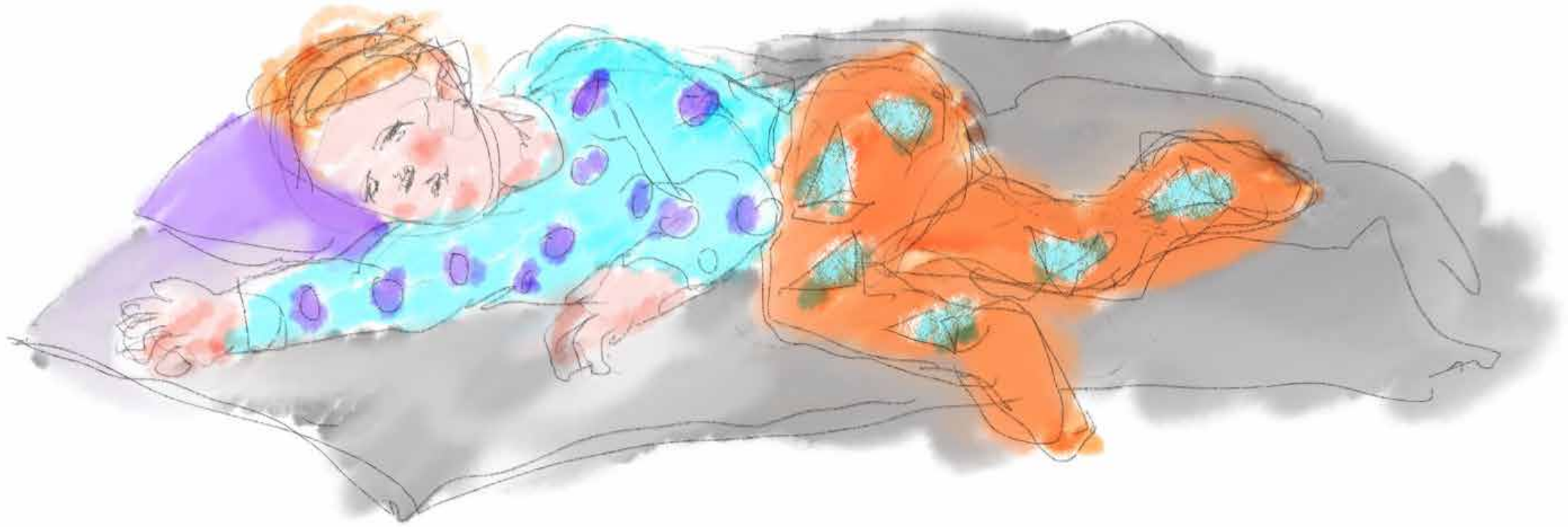


Sometimes, I feel like NEVER sleeping.



Sometimes, I feel like
it's too dark in my room.

Sometimes,
I feel like
taking a
LONG nap, a
SHORT nap,
OR...





NO Nap at all.



Sometimes, I feel
like crying for
no reason at all.



Sometimes I feel
like my legs hurt,
or I'm so tired,
or my tummy hurts,
or I'm having a
nightmare... what a
funny word.

I wonder where
all the tears
come from.

Sometimes
I feel like
hitting my
mommy and
daddy, and I
don't know
why. That
makes me
feel very
badly. Why
do I do that?



Hitting means I'm angry,
but I don't know what I'm angry about.

words

WORDS

WORDS

WORDS

WORDS

words

Sometimes, I feel like hitting anyone who is next to me. Oh dear, that isn't nice at all. It upsets people and makes me feel very, very, very bad. Everyone says, "Use your words!". But, I don't know what words to use, even though I know a lot of words.

So here is a list of words I
COULD use instead of hitting:

I'm mad

I'm frustrated (I think that
means mixed up and confused)

I'm afraid

I'm sad

I'm NOT FEELING WELL

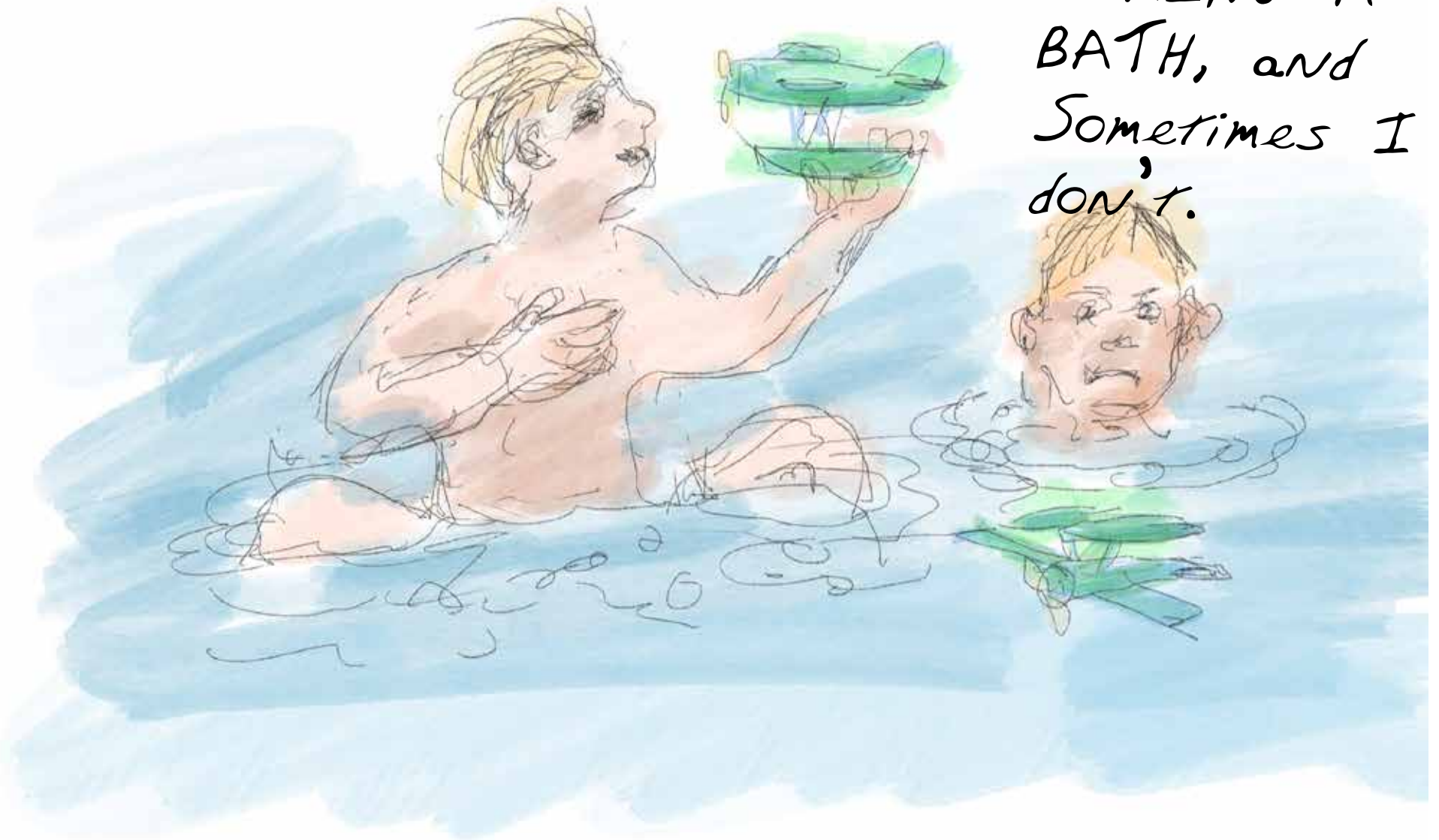
I'm LONELY

I'm HUNGRY

I just feel bad

Do you have any other words you
could use?

Sometimes
I feel like
TAKING A
BATH, and
Sometimes I
don't.



It's the same with: brush-
ing my teeth, getting dressed,
undressed, going to sleep,
waking up, going to school.

Sometimes mommy says:
"That's NOT a choice."

I'm NOT REALLY SURE what
that means. She helps me to
understand what that means.



I feel lots
of things, and
that's Okay.