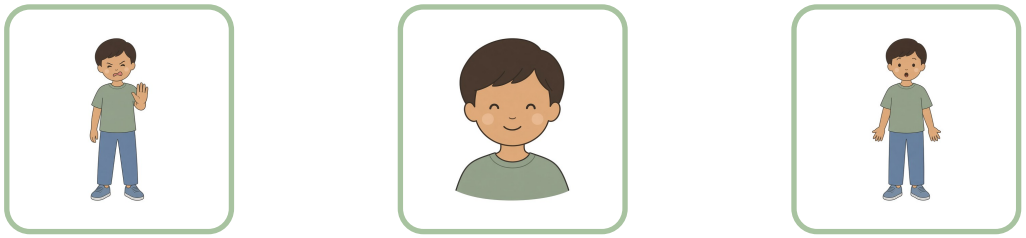
Name: _____

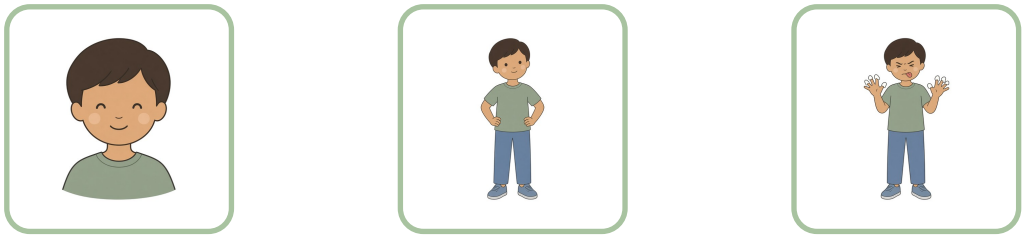
## Circle the disgusted picture.

Look at the pictures. Circle disgusted.

1



2



3



4



## Trace the word.

Trace the word disgusted.



disgusted

disgusted

disgusted

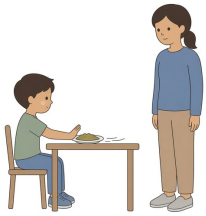
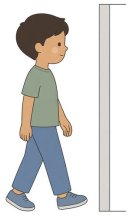
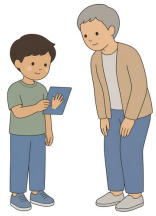
Name: _____

## What helps? Cut and glue.

Cut out the pictures. Glue them in the help box.

Glue here.

✂ Cut on the dashed lines.

## What feels yucky to you?

Circle what feels yucky to you.






my way

Name: _____

## Match the picture to the word.

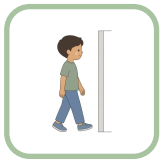
Draw a line to the matching word.











- wipe
- sticky
- yucky
- no thank you
- move away

## Fill in the word.

Pick a word from the box. Write it in the space.

**sticky · wipes · thank · likes**



1. Glue is _____.



2. Sam _____ their hands.



3. Sam says, no _____ you.



4. Lee _____ mushy food.

Name: _____

## First, next, last.

Put the pictures in order. Write 1, 2, 3.



Sam wipes their hands



Glue is on Sam's fingers



Sam feels better

## Thumbs up or thumbs down.

Is it true? Circle thumbs up or thumbs down.

1. Disgusted is a feeling.



2. Everyone finds the same things yucky.



3. I can say no thank you.



4. Saying yuck at Lee's food is helpful.



Name: _____

## My yucky list.

Draw or write three things that feel yucky to you.

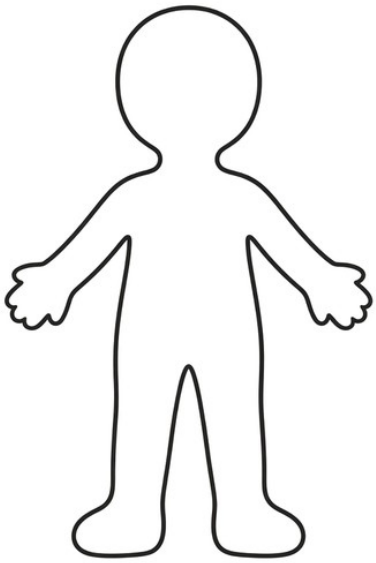
1

2

3

## My body and disgusted.

Where do you feel disgusted in your body? Color it.



- ☐ wrinkled nose
- ☐ tight throat
- ☐ gaggy
- ☐ tummy flip
- ☐ hands pull back
- ☐ face turns away
- ☐ shivers
- ☐ my own way: _____

Name: _____

## What could I do?

Read the story. Draw or write what you could do.

**1. “My hands feel sticky.”**

**2. “I do not like this food.”**

**3. “Lee likes *a* food I think is yucky.”**

## Today.

Today I felt disgusted when...

### What helped?

# Disgusted · Answers

For grown-ups

Name: _____

## Answers

E1: row 1: sam disgusted; row 2: sticky-glue; row 3: wet-sock; row 4: mushy-food
E2-E4: Any careful try counts. Every picture can go in the box. Any answer is right for the child's own ways.
D1: yucky-smell = yucky; sticky-glue = sticky; wipe-hands = wipe; no-thank-you = no thank you; sam walk away = move away
D2: 1. sticky; 2. wipes; 3. thank; 4. likes
D3: 1. Glue is on Sam's fingers; 2. Sam wipes their hands; 3. Sam feels better
D4: 1. thumbs up (true); 2. thumbs down (not true); 3. thumbs up (true); 4. thumbs down (not true)
A1-A4: The child's own answers are all right. Suggestions:

## Tips for grown-ups

- Disgust is often linked to sensory differences. Take it seriously; it is real, not fussiness.
- Never force a child to touch, smell or taste something. Offer gloves, tools, wipes or a safe food.
- Keep wipes or a damp cloth nearby during messy play so the child can stop and clean whenever they need.
- Teach "no thank you" and moving away as valid tools.
- Teach that others' likes differ, without asking the child to hide their own feeling.
- Gagging is a body reflex, not rudeness.