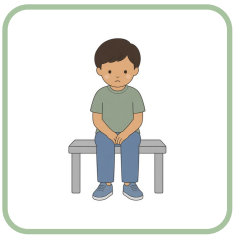
Name: _____

Circle the excited picture.

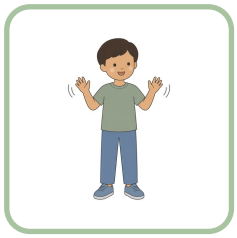
Look at the pictures. Circle excited.

1



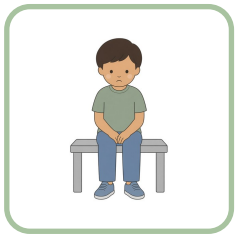


2





3





4





Trace the word.

Trace the word excited.



excited
excited
excited

Name: _____

Things that make Sam excited: cut and glue.

Cut out the pictures. Glue them in Sam's excited box.

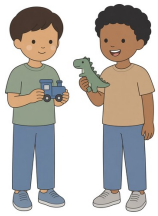
Glue here.

✂ Cut on the dashed lines.









How does excited look for you?

How does excited look for you? Circle your ways.









my way

Name: _____

Match the picture to the word.

Draw a line to the matching word.











- flap
- wiggle
- talk fast
- bounce
- jump

Fill in the word.

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

bounces · fast · snowing · jumps



1. Sam _____ on their toes.



2. Sam talks _____.



3. It is _____ outside.



4. Sam _____ on the trampoline.

Name: _____

First, next, last.

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



Sam feels excited



Sam jumps on the trampoline



Sam is going to the pool

Thumbs up or thumbs down.

Is it true? Circle thumbs up or thumbs down.

1. Excited can make my body want to move.

2. Excited is too much and bad.

3. A trampoline can help big excited.

4. I must sit still when excited.

Name: _____

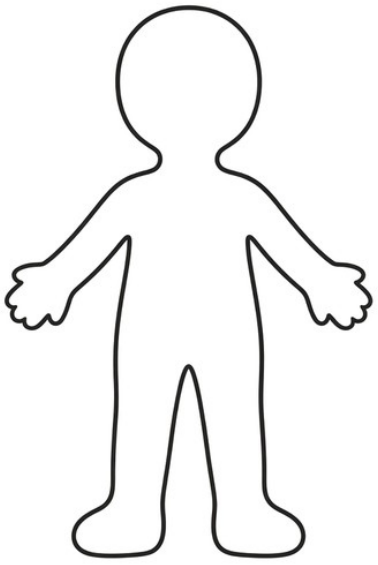
My excited list.

Draw or write three things you are excited about.

1	2	3

My body and excited.

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



- ☐ fast heart
- ☐ flapping
- ☐ bouncing
- ☐ fast talking
- ☐ tummy tingles
- ☐ hard to sit still
- ☐ hard to sleep
- ☐ my own way: _____

Name: _____

What could I do?

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

1. “I am excited. I am in class.”

2. “I am excited about a trip next week.”

3. “Lee is excited about a different thing.”

Today.

Today I felt excited when...

What did my body do?

Excited · Answers

For grown-ups

Name: _____

Answers

E1: row 1: sam excited; row 2: sam flap hands; row 3: wiggle-chair; row 4: present-wait
E2-E4: Any careful try counts. Every picture can go in the box. Any answer is right for the child's own ways.
D1: sam flap hands = flap; sam bounce = bounce; talk-fast = talk fast; wiggle-chair = wiggle; sam trampoline = jump
D2: 1. bounces; 2. fast; 3. snowing; 4. jumps
D3: 1. Sam is going to the pool; 2. Sam feels excited; 3. Sam jumps on the trampoline
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

- Flapping, bouncing and fast talking are healthy ways to show excitement. Please do not ask the child to stop them.
- Excitement and anxiety feel alike in the body. Help the child check which one it is.
- Big events can be exhausting even when fun. Plan rest afterward.
- Visual countdowns (calendar X's, timers) help with waiting.
- Offer a safe movement option (trampoline, wall push, laps) instead of "sit still".
- Share excitement about the child's interests. It builds connection.