Date: _____ Name: _____

Leti's Spaghetti Flip Flop

Feelings & Calm Worksheets

Grades Pre-K–2 · Feelings · Self-Regulation · Calm Breathing

Welcome to Alphabet Garden Press! We're so glad you're here! These worksheets go with Leti's Spaghetti Flip Flop, from the Leti's Adventures series by Jazz Hands — thank you for sharing them with your young readers. Please enjoy them **free** for your own personal, home, and single-classroom use, and print as many copies as you need for your own students or children. We only ask that the files themselves stay with you: please don't resell them, share or copy them for others, redistribute them, post them online, upload them to shared drives or websites, or use them for any commercial purpose. If another educator or parent would like a copy, please send them to alphabetgardenpress.fun to download their own free copy — it's free for them, too. Thank you for reading, learning, and sharing — the story way, not the file way!

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Date: _____ Name: _____

How Did Leti Feel?

Read each story moment. Circle the feeling that fits best.

1. The clock said 12:00 — time to eat! **excited · sleepy · worried**
2. The meatballs started to flip and flop! **calm · wobbly · proud**
3. The wind swept her plate out of the window. **happy · surprised · sleepy**
4. Leti swirled and twirled her spaghetti with pride. **proud · worried · angry**
5. The goat asked, “Will you share?” **lonely · friendly · scared**
6. Sharing lunch together at the jetty. **joyful · grumpy · bored**

Talk About It

Which feeling would YOU have if your meatballs flipped and flopped? Tell a friend or a grown-up, and say why.

Date: _____ Name: _____

Take a Calm Breath with Leti

When feelings get big and wobbly, Leti takes a spaghetti breath. Try it with her:

1. **Smell the spaghetti** — breathe in slowly through your nose. Mmm!
2. **Blow the steam** — breathe out slowly, like cooling a hot bite.
3. **Wiggle it out** — shake your hands, like shaking off a meatball!
4. **Sit tall and smile** — hands in your lap, shoulders down. Calm and ready.

Practice Tracker

Color one meatball each time you practice your spaghetti breath today.

When I feel wobbly, I can...

Check every calm idea you would like to try.

____ Take a spaghetti breath

____ Ask a grown-up for help

____ Count to ten, nice and slow

____ Hug a stuffed friend

____ Take a sip of water and sit tall

Date: _____ Name: _____

Draw the Feelings

Draw a face in each circle to show the feeling. Then draw YOUR face today in the big circle!

HAPPY **CALM** **WORRIED** **EXCITED**

This is how I feel today!

Date: _____ Name: _____

For Grown-Ups — Answer Key

How Did Leti Feel? — the best answer for each moment is shown in **bold**, the way it looks circled on the page:

1. The clock said 12:00 — time to eat! **excited** · sleepy · worried
2. The meatballs started to flip and flop! calm · **wobbly** · proud
3. The wind swept her plate out of the window. happy · **surprised** · sleepy
4. Leti swirled and twirled her spaghetti with pride. **proud** · worried · angry
5. The goat asked, “Will you share?” lonely · **friendly** · scared
6. Sharing lunch together at the jetty. **joyful** · grumpy · bored

Talk About It · Practice Tracker · When I Feel Wobbly · Draw the Feelings — These pages are the child's own feelings, practice, and drawings. There are no wrong answers — every feeling is welcome.