



# Excited

Feeling excited is being eager and enthusiastic. Often we feel excited when something fun is happening.

## Times we might feel **excited**:

- When it is our birthday
- When we are going to have time off from school
- When we are going somewhere exciting like the zoo or on vacation

## When we feel **excited**, our body might feel like:

- We want to jump up and down
- Our eyes are wide open
- Laughing and having big smiles

## Understanding Excited / Questions for learning:

What are some times a person might feel **excited**?

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When you feel **excited**, what does your body feel like?

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Write about a time that you felt **excited**. What was it like?

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