

# FINDING FEELINGS

Helping kids Manage and Cope with their Feelings in a Positive way!



**ROCKET RULES “FINDING FEELINGS” program teaches students the importance of recognizing the different feelings they have.**

**They learn to share their feelings and ask adults for help if they need it.**

**FREE PROGRAM!**

## Rocket's Finding Feelings Activity Book & Video Library



### Includes:

- Recognizing Feelings
- Feeling Happy and Calm
- Managing Worry
- Sensing Anger Early
- Be Kind Every Day
- And more



A series of Rocket's animated videos compliments the “Finding Feelings” topics.

**Building Bridges with Kids.  
Showing you Care.  
Building Trust.**



  
The Hero In You  
foundation  
501(c)(3) non-profit

## TEAM UP WITH ROCKETLive!

**ZOOM Rocket into your  
classroom for a fun  
LIVE interactive lesson  
with an officer!**



Endorsed by:



**Visit [Rocketrules.org](https://Rocketrules.org) for our  
complete FREE toolkit!**



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