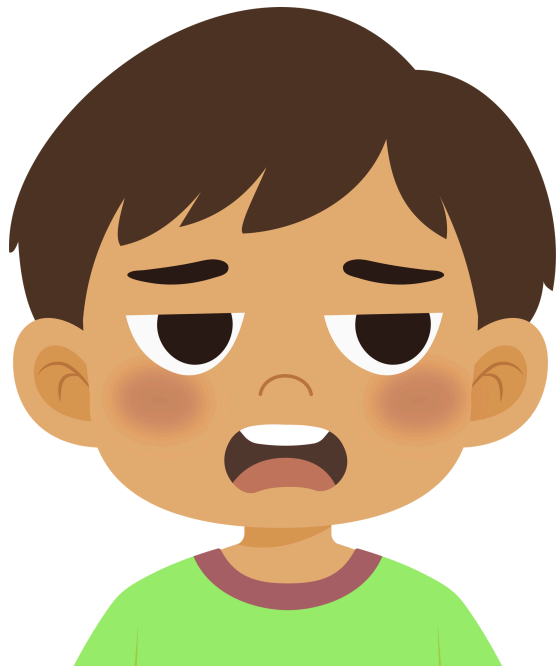


I FEEL TIRED



Feelings & Emotions

This adapted book teaches about feeling tired. Tired is a feeling a person has when the body needs rest.



Tired



Tired



Tired



Tired



Tired



Tired



Tired



Tired

HOW TO USE THIS ADAPTED BOOK

What is an Adapted Book?

This adapted book is a hands-on learning tool designed for children with special needs.

It uses simple pictures, labels, and short sentences to support understanding, communication, and independence.

Adapted books help students:

- Build functional vocabulary
- Improve comprehension
- Practice making choices
- Increase attention and engagement
- Follow routines and expectations

How this book supports the student:

- Each page presents one clear idea only
- Pictures support understanding of the text
- The student interacts by choosing and placing pictures
- Repetition helps with learning and routine building

Differentiation Note:

This adapted book may not fully align with your student's routine or current learning goals. Please feel free to edit this resource according to his or her learning needs.

HOW TO PREPARE THE BOOK

PRINT

- Print pages 3 to 9 using A4 paper
- You may print it on regular bond paper or cardboard.

CUT AND LAMINATE

- Cut each page neatly
- Cut out all mini pictures
- Laminate all pages and mini pictures

BINDING OPTIONS

OPTION 1: Wire Binding (Recommended)

- Use a wire or coil binding machine
- Bind the pages on the left side

OPTION 2: Ring Binding

- Punch one hole on the upper left corner of each page
- Use a loose ring or ring binder

VELCRO SETUP

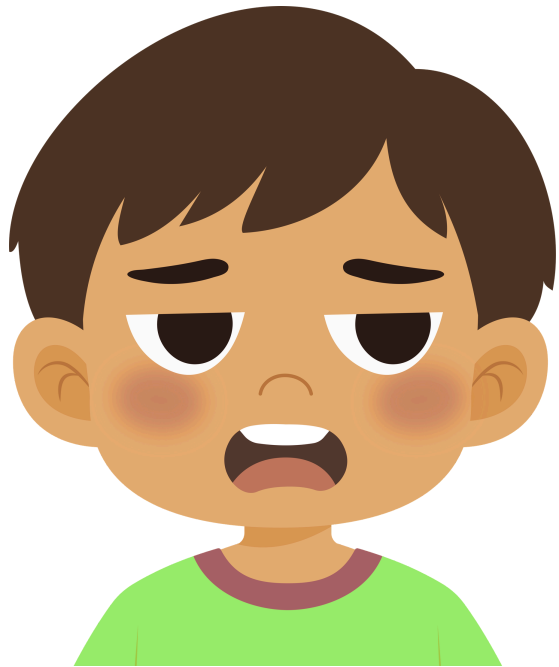
- Add soft Velcro to the back of each mini picture
- Add rough Velcro to the designated answer spaces

BASE PAGE (LAST PAGE)

- This page holds all Velcro-backed mini pictures
- Remember to replace the word "student" with the student's name to add personalization.



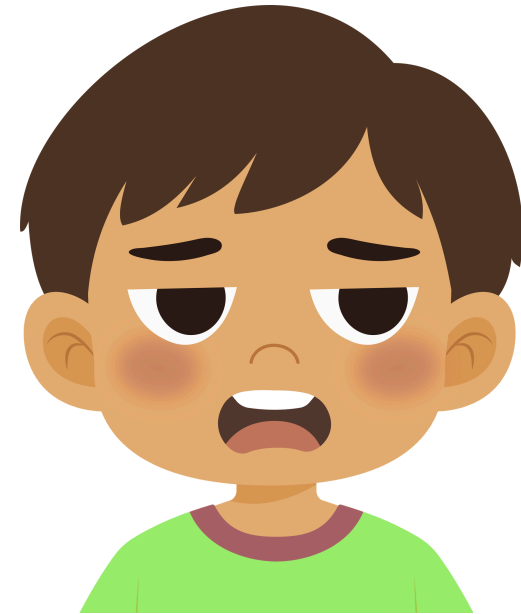
**I FEEL
TIRED**



Feelings & Emotions

This adapted book teaches about feeling tired.
Tired is a feeling a person has when the body
needs rest.

Tired means my body
needs rest.



I yawn or rub my eyes when I
feel tired.



After I finish my after-school activities,



I feel tired.

After I play outside for a long time,



I feel tired.



After I help clean the house,



I feel tired.

After I walk for a long time,



I feel tired.



After I carry something heavy,



I feel tired.

After I swim at the pool,



I feel tired.



After I practice a sport,



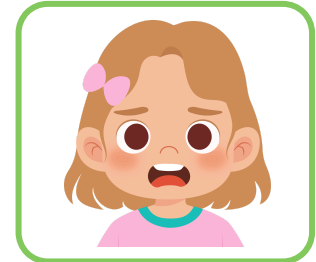
I feel tired.

? Comprehension Questions:

1. What feeling means my body needs rest?



2. After after-school activities, how do I feel?



3. After playing outside for a long time, how do I feel?





? Comprehension Questions:

4 . After helping clean the house, how do I feel?



5 . After walking for a long time, how do I feel?



6 . After carrying something heavy, how do I feel?



Mini picture choices :



**GOOD JOB,
STUDENT!**



I know when I feel
tired!

