23. What is Comfortable for Me?

Comfortable is a nice, safe feeling. What is comfortable for me?

Comfortable may mean that my skin feels good. I have clothes that are comfortable. Pajamas are often comfortable. Here is my list of three other comfortable clothes:

1. _____
2. _____
3. _____

Comfortable may mean that I feel good inside. There are comfort foods. Comfort foods taste good and make people feel happy. Three of my comfort foods are:

1. _____
2. _____
3. _____

Comfortable may mean that my feelings feel good. There are things that I like to do. I often feel happy when doing those things. Three things that I like to do are:

1. _____
2. _____
3. _____

Comfortable may mean that a place or thing feels good and safe. There are things and places that feel nice and safe, like a chair or a comfortable room. Three places or things that are comfortable for me are:

1. _____
2. _____
3. _____

Comfortable may mean that it feels nice and safe to be around another person. Three people that are comfortable for me are:

1. _____
2. _____
3. _____

Sometimes, everything in me and around me feels good. When that happens, I am completely comfortable. Comfortable is a nice, safe feeling.