

Music by Dennis Westphall
and Lorraine Bayes

The Feelings Song

Lyrics

Happy is a smile
And a twinkle in the **eye**
Happy is a **friend**
Or a homemade apple **pie**

CHORUS

Everyone has **feelings**
We show them on our **faces**
We feel them in our **bodies**
We tell them with our **voices**
How you feel the way you **feel**

Sad is a tear
And a **head hanging down**
Sad is when you lose
Your special toy in town

CHORUS

Anger is a fist
And a **heart** beating fast
Anger is being pushed
Falling down and coming last

CHORUS

Scared is a gasp
Your **legs start to shake**
Scared is hearing thunder
That gives your house a shake

CHORUS

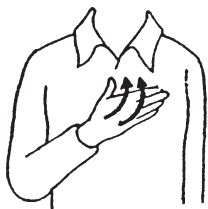
My **body** tells me what's going on
Letting me know just how I **feel**
Feelings can be comfortable
Others can **feel** so uncomfortable
But all our **feelings** are okay
So let us learn to give them **names**

CHORUS

Sign language illustrated
instructions on pages 2–3

continued on page 3

Verse 1



happy

RH open B palm in, tips left. Brush up chest twice with quick, short motion.



eye

Place tip of index finger on eye.



friend

Hook right X over left X which is turned up, then reverse.



pie

Mime cutting slice of pie using left palm as pie and edge of right little finger as knife.

Chorus



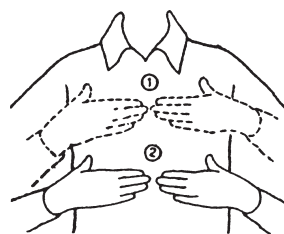
feeling (noun)

Place tip of right middle finger on left side of chest then stroke upward twice. For **feel** do just one stroke.



face

Circle face with index finger.



body

Open B shape both hands, palms in, tips facing. Pat chest, then stomach.



voice

V shape RH palm in. Place tips on throat then arc upward and out.

Verse 2



sad

Five shape both hands, palms in, fingers slightly curved, LH a little below RH. Hold in front of face and drop slowly.

head hanging down

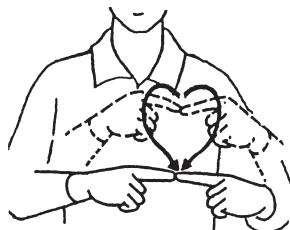
Hang down head. Make sure expression is still sad.

Verse 3



angry

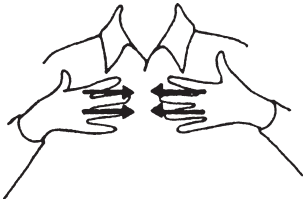
Claw shape RH tips on chest. Draw up and out in forceful manner.



heart

Trace a "heart" on left upper chest with middle fingers.

Verse 4



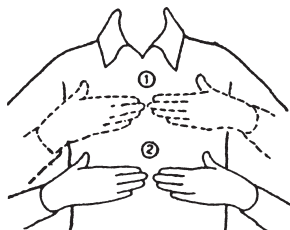
scared

Open 5 both hands, palms in, tips facing. Move back and forth several times, as if shaking in fright.

legs start to shake

Shake legs.

Verse 5



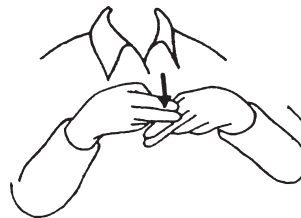
body

Open B shape both hands, palms in, tips facing. Pat chest, then stomach.



feeling (noun)

Place tip of right middle finger on left side of chest then stroke upward twice. For **feel** do just one stroke.



name

H shape both hands, left palm right, right palm in. Hit left H with right H.

The Feelings Song

• = 134
Reggae D



Verse



1. Hap - py is a smile and a twin-kle in the eye.
2. Sad is a tear and a head hang - ing down.
3. An - ger is a fist and a heart beat - ing fast.
4. Scared is a gasp, your legs start to shake.

3



G

D



Hap - py is a friend or a home-made ap - ple pie.
 Sad is when you lose your spec - ial toy in town.
 An - ger's be - ing pushed, fal - ling down and com - ing last.
 Scared is hear - ing thun - der that gives your house a shake.

5

D Chorus


G



Ev' - ry - one has feel - ings. We


7

D

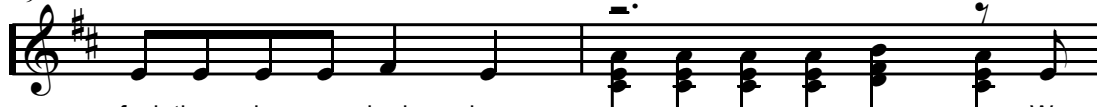


show them on our fac - es. (show them on our fac - es) We

9



A




feel them in our bod - ies. (feel them in our bod - ies) We

11

G

D



tell them with our voic-es how you feel the way you feel. My
 (how you feel the way you feel)

The Feelings Song (continued)

