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
**Verse 1**

<table>
<thead>
<tr>
<th>happy</th>
<th>eye</th>
<th>friend</th>
<th>pie</th>
</tr>
</thead>
<tbody>
<tr>
<td>RH open B palm in, tips left. Brush up chest twice with quick, short motion.</td>
<td>Place tip of index finger on eye.</td>
<td>Hook right X over left X which is turned up, then reverse.</td>
<td>Mime cutting slice of pie using left palm as pie and edge of right little finger as knife.</td>
</tr>
</tbody>
</table>

**Chorus**

<table>
<thead>
<tr>
<th>feeling (noun)</th>
<th>face</th>
<th>body</th>
<th>voice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Place tip of right middle finger on left side of chest then stroke upward twice. For feel do just one stroke.</td>
<td>Circle face with index finger.</td>
<td>Open B shape both hands, palms in, tips facing. Pat chest, then stomach.</td>
<td>V shape RH palm in. Place tips on throat then arc upward and out.</td>
</tr>
</tbody>
</table>

**Verse 2**

<table>
<thead>
<tr>
<th>sad</th>
<th>head hanging down</th>
</tr>
</thead>
<tbody>
<tr>
<td>Five shape both hands, palms in, fingers slightly curved, LH a little below RH. Hold in front of face and drop slowly.</td>
<td>Hang down head. Make sure expression is still sad.</td>
</tr>
</tbody>
</table>
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

1. Happy is a smile and a twinkle in the eye.
2. Sad is a tear and a head hanging down.
3. Anger is a fist and a heart beating fast.
4. Scared is a gasp, your legs start to shake.

Happy is a friend or a home-made apple pie.
Sad is when you lose your special toy in town.
Anger's being pushed, falling down and coming last.
Scared is hearing thunder that gives your house a shake.

Ev'ry-one has feelings. We

show them on our faces. (show them on our faces) We

feel them in our bodies. (feel them in our bodies) We

tell them with our voices how you feel. (how you feel the way you feel) My
The Feelings Song (continued)

Bridge

15

A Bridge

\[ \text{bo-dy tells me} \quad \text{what's go-ing on; \quad lets me know just} \]

G

D

18

\[ \text{how I feel. \quad Feel-ings can be com-fort-able.} \]

G

D

21

\[ \text{Oth-ers can feel so un-com-fort-able.} \]

Em

D

A

24

\[ \text{But all our feel-ings are o-} \]

G

27

\[ \text{kay, \quad so let us learn} \]

D

G

30

\[ \text{to give them names.} \]