

## Feeling Words Poem

Angry at Marty  
Loving t'ward Lou  
I'm full of feelings  
What shall I do?

Proud of my drawing  
Jealous of your bike  
I show my feelings  
And hide them, too

Happy after winning  
Sad when I lose  
I change my feelings  
Like I change my shoes.

Tired in the morning  
Hungry at noon  
Do you have feelings  
That bother you, too?

Depressed by grades  
Scared of the dark  
Why all these feelings  
What good to they do?

Surprised by mysteries  
Amused by cartoons  
If you lack feelings  
I'll give some to you.

Excited by birthdays  
Bored when they're through  
I'll understand feelings  
In a year or two.

### **Feeling words in the poem:**

amused  
depressed  
jealous  
scared

angry  
excited  
loving  
surprised

bored  
happy  
proud  
tired

confused  
hungry  
sad

### **Discussion Questions:**

1. Why is it important to be aware of and express our feelings?
2. When you have feelings that make it hard for you to work in school, what can you do to feel better? Whom can you talk to?