

# Feelings in my Body

Sometimes when I feel...

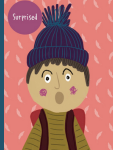
in my body I can feel...

Excited



jumpy, fast speaking, breathless,  
heart racing

Surprised



jaw drops, eyebrows raise,  
electrifies, sweaty

Fearful



cold, racing heart, fidgety, trembling,  
frozen

Disgusted



shudder, sick and queasy, need to  
move around more, face scrunched up

Sad



look down at the floor, empty,  
achey, tired, slow heart, weak

Angry



hot, uptight, clenched fists and jaw,  
red faced, racing heart, scowling low  
noises

Trusting



heart racing, warm, light, smiley,  
beaming, relaxed

Joyful



awake, energised, tall, calm, steady,  
still, relaxed, fizzing, warm

# Writing a Grateful Song

## 1. MY INSPIRATION : I AM THANKFUL FOR...

My new bike and going  
on a bike ride with my  
family by the river.

## 2. WRITE SOME WORDS ABOUT MY THANKFUL MEMORY, PERSON OR THING...

Bike  
Wheels  
Shiny bell  
Fast  
Whizzing down hills  
Feel the breeze  
Sunshiny bike ride  
Glistening river

## 3. PUT IT INTO A SENTENCE TO MAKE A CHORUS (THE MAIN MESSAGE OF YOUR SONG)...

Super fast, whizzing down hills,  
my shiny bike has awesome wheels.

Super fast, whizzing past trees,  
Glistening river, feel the breeze.

## 5. ADD SOME MELODY ...

HIGH OR  
LOW NOTES



## 4. PRACTICE...

- SAY IT
- FLOW IT
- RAP IT

NAME:

DATE:

CLASS:

TEACHER:

# My Grateful Song

1. MY INSPIRATION :  
I AM THANKFUL FOR...

2. WRITE SOME WORDS  
ABOUT MY  
THANKFUL MEMORY,  
PERSON OR THING...

3. PUT IT INTO A SENTENCE TO  
MAKE A CHORUS (THE MAIN  
MESSAGE OF YOUR SONG)...

5. ADD SOME MELODY ...

HIGH OR  
LOW NOTES



4. PRACTICE...

- SAY IT
- FLOW IT
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NAME:

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