

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



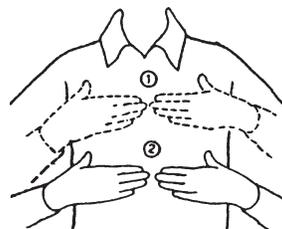
### feeling (noun)

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

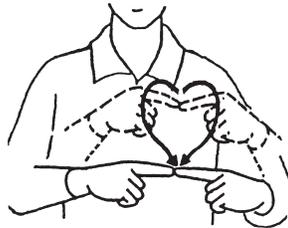
Hang down head.  
Make sure expression is still sad.

## Verse 3



### angry

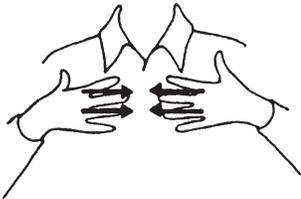
Claw shape RH tips on chest. Draw up and out in forceful manner.



### heart

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

## Verse 4



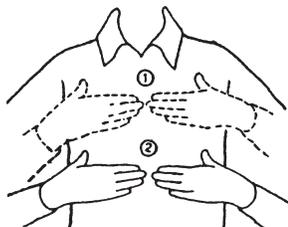
### scared

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



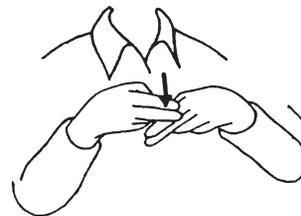
### body

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  A 

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



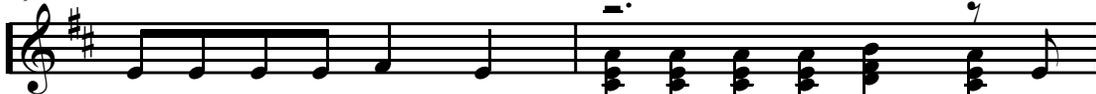
Ev' - ry - one has feel - ings. \_\_\_ We

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)

15 *Bridge* A G D

bo - dy tells me\_\_\_ what's go-ing on; lets me know\_\_\_ just

18 G D

how I feel.\_\_\_ Feel - ings can be com - fort - able.

21 Em D A

Oth - ers can feel so un - com - fort - able.\_\_\_

24 G

But all our feel - ings are o -

27 D G

kay, so let us learn

30 A

to give them names.\_\_\_\_\_