



EMOTIONS CHANT

Directions: Teach students the appropriate lyrics and gestures for the first half of the chant (rhythmic tune), then work with them to conclude the second half.

LYRICS

Verse 1:

I smile when there are rainbows,
I cry when there are clouds,
I am loving when my mom is said.
Oh, I feel so many emotions!

Verse 2:

I am mad when my brother breaks my toys,
I am hopeful when my team is winning,
I am frightened when it's storming.
Oh, I feel so many emotions!

Verse 3:

I smile when _____!
I cry when _____!
I am loving when _____!
Oh, I feel so many emotions!

Verse 4:

I am mad when _____!
I am hopeful when _____!
I am scared when _____!
Oh, I feel so many emotions!

GESTURES

Verse 1:

"I smile" (fingers on cheeks and smile), "when there are rainbows" (make an arc with hands).
"I cry" (make sad face and motion tears with fingers), "when there are clouds" (put arms in the sky).
"I am loving" (make a heart), "when my mom is sad" (hold hands out).
"Oh, I feel so many emotions!" (spin in a circle with hands out)

Verse 2:

"I am mad" (look angry), "when my brother breaks my toys" (stomp feet).
"I am hopeful" (march ahead), "when my team is winning" (hold up a number 1).
"I am frightened" (hide your face), "when it's storming" (motion rain with hands).
"Oh, I feel so many emotions!" (spin in a circle with hands out)