



Lyrics - My feelings

When I'm happy, I clap (clap, clap)
When I'm happy, I clap (clap, clap)
I have a big smile, jump and shout and sing
When I'm happy, I clap (clap, clap)
In my step there is a spring
When I'm happy, I clap my hands and sing (clap, clap)

When I'm sad, I rub my eye
When I'm sad, I rub my eye
I take a deep breath, breathe out with a sigh
When I'm sad, I rub my eye
I feel bad and maybe cry
When I'm sad, I take a deep breath and I sigh

I feel happy, I clap
I feel sad, I rub my eyes, I take a nap

When I'm angry, I stomp my feet (stomp, stomp)
When I'm angry, I stomp my feet (stomp, stomp)
I am angry and I am not sweet
When I'm angry, I count real slow
One, two, three four
When I'm angry I count slow, let it go

When I'm scared, I hug my mum
When I'm scared, I hug my dad
I think of things that always make me glad
When I'm scared, I hug someone
Think of happy things like dad or mum
And I feel scared no longer, I am done

I feel angry, I stomp
I feel scared, I hug my dad or mom!

I feel sad or angry
I feel scared or happy
My feelings come and go, this I know
They may come fast, they may come slow
I am aware of their flow
I see my feelings and that's how I grow
I know my feelings and that's why I grow

