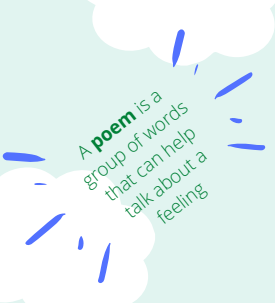




HOW DO YOU FEEL RIGHT NOW?

WIGGLY? EXCITED? WORRIED?

I FEEL:



A **poem** is a group of words that can help talk about a feeling

How do you feel?

Friends, how do you feel? Wiggly? Excited? Worried? Take a deep breath and choose one word that describes how you are feeling. Write your feeling word at the top of your page. After writing the answers to the questions below, you will have a poem!

(Dear grown-up reader, your poet can use complete sentences OR short 1-2 word answers!)

What size is this feeling? What color is this feeling? Does this feeling have scales, are they fluffy, are they crunchy? Describe what they look like. What do they sound like? Where do you feel this emotion in your body? End by writing your feeling word again at the bottom of your poem!

