

Emotions Song

Emotions have a huge effect on how students perform at school and yet many students have limited emotional literacy. This song can be used as an opportunity to check in with how students are feeling or to foster students interpersonal skill development. This song starts by exploring happiness and sadness but can be used to explore other feelings.



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Lyrics

How are they feeling today?

How are they feeling today?

They're happy and smiling, happy and smiling.

That's how they're feeling today.

Music Tip

Can students sing in a voice that expresses these emotions?

This could be grumpy and low and grizzly or excited and fast and chirpy.

Introduce the concept

Brainstorm different emotions and discuss how these feel in the body. For example, when you're scared you may feel sick in the belly or your breathing might change. This song can be paired with imagery, puppets or emoticons that demonstrates different kinds of feelings people may have.

Introduce the song

Use the feeling ideas that students have generated and put these into the song. For example, 'they're angry and tense, angry and tense. That's how they're feeling today.'

Adapt

Encourage students to add in facial expressions or gestures that express each emotion.