

How Are You Feeling?

Grade 4
Fiction _____
Poetry x
Nonfiction _____

Table of Contents

1.....Joyful

2..... Excited

3..... Angry

4..... Nervous

5..... Sorrow

How are you feeling?

Jumping on the trampoline

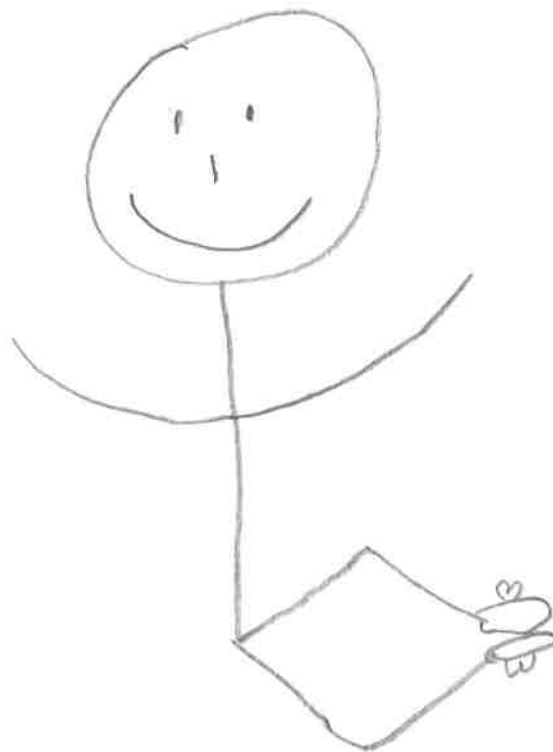
Opening gifts

Yellow sun warming your back

Flying down the road on your bicycle

Understanding when your teacher teaches math

Letting the sweet taste of lemon bars flow down your throat



How are you feeling?

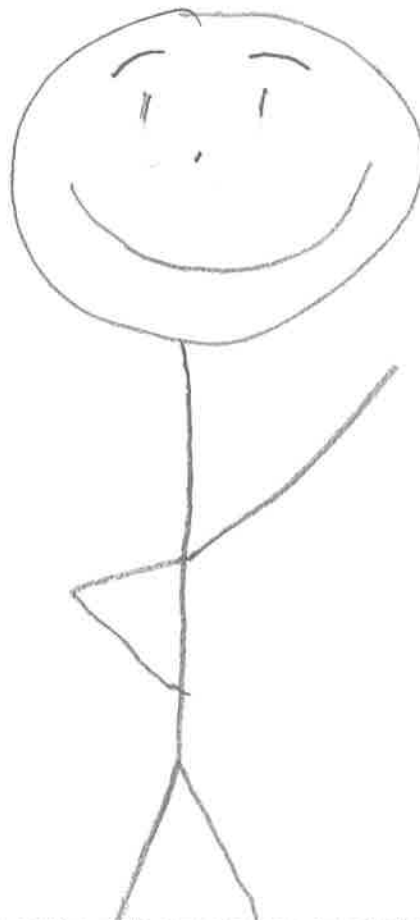
You will feel excited when you win or lose a game
You will feel excited when you're not called lame

You will feel excited when you ace a test
You will feel excited when you finally get to rest

You will feel excited when you go on vay-cay
You will feel excited when you finally get your way

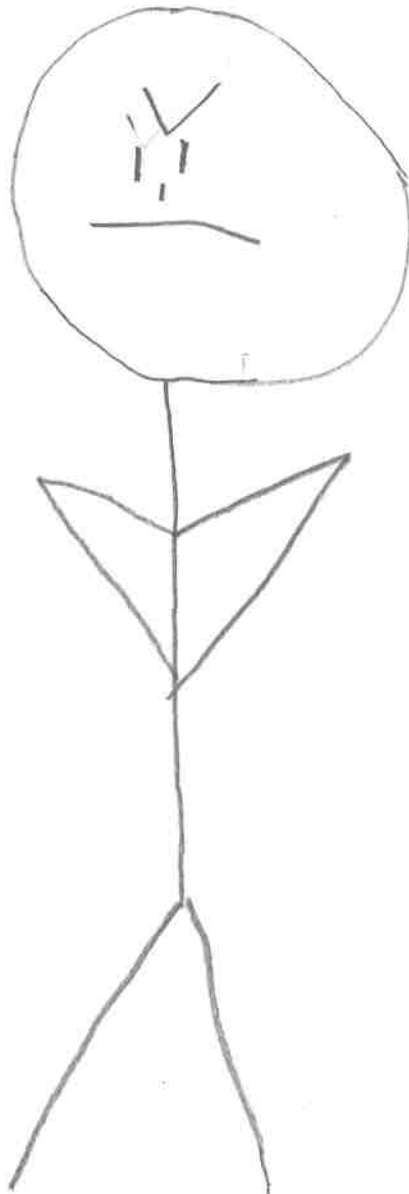
You will feel excited when you get out of school
You will feel excited when you jump in the pool

Feeling excited is really pretty rad
So come and talk to me if you're ever feeling bad!



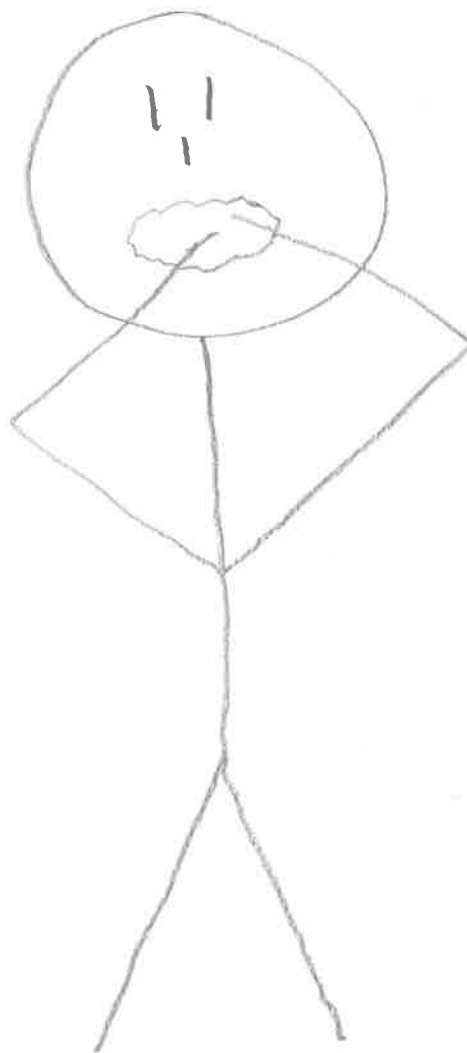
How are you feeling?

Angry
heated, furious
steaming, blazing, raging
fists tight, eyebrows scrunched, teeth gritting, body sweating
cooling, breathing, thinking
quiet, forgiving
calm



How are you feeling?

When dusk swoops in town
Your stomach gets butterflies
You now feel nervous



How are you feeling?

Sorrow

Disappointment

Missing someone special

Finding out you can't always win

Sadness

