



EMOTION COMMOTION

SUNG TO THE TUNE OF 'HERE WE GO ROUND THE MULBERRY BUSH'



Emotions are amazing, amazing, amazing
Emotions are amazing, how do you feel today?

If you're feeling happy, happy, happy
If you're feeling happy, do a little dance.

(children dance and smile)

Emotions are incredible, incredible, incredible
Emotions are incredible, how do you feel today?

If you're feeling miserable, miserable, miserable
If you're feeling miserable, give yourself a hug.

(children hug themselves and look sad)

Emotions are spectacular, spectacular, spectacular
Emotions are spectacular, how do you feel today?

If you're feeling scared scared, scared
If you're feeling scared, tell someone right now.

(children pretend to talk to each other with a scared/worried expression)

Emotions are sensational, sensational, sensational
Emotions are sensational, how do you feel today?

If you're feeling angry angry, angry
If you're feeling angry, take a big deep breath.
(Children look angry and then take a big deep breath)

Emotions are amazing, incredible, spectacular
Emotions are sensational, that's how I feel today.

