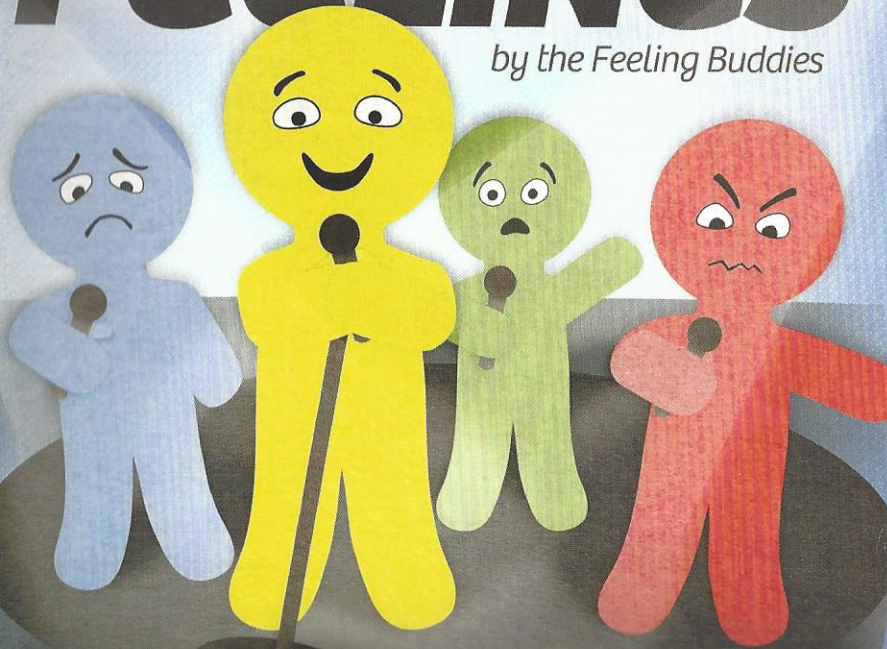




ConsciousDiscipline.com

Listen to Your
FEELINGS

by the Feeling Buddies





Listen to Your Feelings is based on Conscious Discipline® principles and is a companion product to the *I Feel: Feeling Buddies Self-Regulation Toolkit*. This Toolkit guides you in incorporating these songs into the five-step self-regulation process. The Toolkit contains the CD you are holding, a demonstration DVD, the *Feeling Buddies Curriculum*, Feeling Buddies, a pocketed Buddy storage board and the *Managing Emotional Mayhem: The Five Steps to Self-Regulation* book.

Instrumental versions and Spanish lyrics for each of these songs is available at FeelingBuddies.com/music

1. Anger Got Ahold of Me 1:30

Act out the verses. During the refrain, wrap your arms around your body in many different ways to express "anger got ahold of me."

I'm coloring with the marker,
Someone grabs it away from me,
My eyes look mean,
My hands make fists,
Anger got ahold of me. **(Refrain 3x)**
I'm walking down the hall,
Someone pushed me out of the way,
My heart beats fast, I clenched my teeth,
Anger got ahold on me. (2x)
I was watching my favorite show,
My sister changed the channel,
I wanted to push,
I wanted to hit,
Anger got ahold on me. (2x)
Things happen everyday,
Anger gets ahold of us all,
Parents, teachers, brothers and friends.
Anger gets ahold of us all. (3x)

2. Breathe 1:04

Sing along and breathe as indicated in the song.

Breathe. *(Breathe)*
Breathe, breathe, breathe deeply,
Breathe and then relax. *(Breathe)* **(Refrain)**
If you choose to be a S.T.A.R.,
Solutions you will find. *(Breathe)*
(Repeat Refrain)
You can handle all your feelings.
You can be a S.T.A.R. *(Breathe)*

3. Buddy Helper 1:12

Assign and rotate the "Buddy Helper" job. Begin with empty Buddy pockets. As you sing the Feeling Buddy name, place the corresponding Buddy in its corresponding pocket. If you are using the Feeling Pictures downloaded from ConsciousDiscipline.com, have the Buddy Helper hold up the corresponding picture as the name is called out in the song.

Now it's time to get our Buddies.
Who's our Buddy Helper?
Today is (child's name) turn to go and get

our Buddies,
Bring us Angry, bring us Sad,
Bring us Disappointed,
Bring us Happy, bring us Calm,
And bring us Frustrated.
Bring us Anxious, bring us Scared,
Bring the Feeling Buddies.
Welcome Buddies, join the circle.
Join us let's be friends.
We want to get to know you,
So we'll listen very well.
We will play and we'll have fun,
With you, our dear friends.

4. Bye, Bye Buddies ^{1:13}

Hold up a Feeling Picture or the Feeling Buddies, and have each child sing and wave goodbye to the image or the Buddy. Follow the actions in the parentheses as indicated in the song.

Bye bye Angry, bye bye Scared,
Bye bye Disappointed,
We will meet again.
Bye bye Sad, bye bye Happy,
Bye bye Anxious,
We will meet again.
Bye bye Frustrated, bye bye Calm,

Bye bye Buddies,
You're a part of me. *(Cross arms across chest and rock.)*
Bye bye Buddies, you are my friends.
(Continue to wave goodbye.)
Bye bye Buddies, we will meet again.
(Repeat cross arms.)

5. Choose to Be a S.T.A.R. ^{1:12}

Act out the emotions on your face and with your body as indicated in the song. When singing the refrain, hold up the S.T.A.R. icon downloaded from ConsciousDiscipline.com or a star wand you have purchased.

If you're feeling very angry,
And you wish to hit.
You may choose to be a S.T.A.R.
(Refrain)
If you're feeling very sad,
And you wish to hide. **(Repeat Refrain)**
If you're feeling disappointed,
And wish to throw a fit. **(Repeat Refrain)**
If you're feeling kind of anxious,
Wish to run away. **(Repeat Refrain)**
If you're feeling frustrated,
And wish to break something.

(Repeat Refrain)
If you're feeling scared,
And need some help.
(Repeat Refrain)
Choose to be a S.T.A.R.
Stop, Take a deep breath And Relax.

6. Do You Know? ^{1:40}

Make your face express the emotion being sung. Extend this song by having children get a partner and share their emotional faces with each other.

Do you know the way you feel, the way you feel,
the way you feel?
Do you know the way you feel when your face looks like this? Happy!

*Repeat using these feelings:
Sad, Angry, Scared, Calm*

7. Feeling Buddies Rap ^{3:25}

Act out the verses by following the actions indicated by the lyrics or in parentheses below. On the chorus, have the children wave one hand in the air. Turn

to a partner and play a clapping game like Patty Cake during the refrain.

Hey hey my name is Anger,
My face, it looks like this.
Sometimes my hands,
They make a fist.
I'm sayin' make a change,
Right now take a breath,
Solve your problem,
And be your best. *(Raise arm as if to cheer.)*

Refrain:

All my feelings talk to me, talk to me, talk to me,
All my feeling talk to me,
They tell me what's going on.
They will always be my friends, be my friends, be my friends,
They will always be my friends,
That's why I sing this song.

Hey hey my name is Sad,
My face, it looks like this.
My mouth turns down,
The tears they flow, *(Move fingers down cheeks.)*
I'm saying seek comfort,
From those I love,
Snuggle, cuddle, hug. *(Hug yourself or put*

arm around the person next to you.)
Your sadness unplugs. *(Pretend to unplug a cord from your heart.)*
(Repeat Refrain)

Hey hey my name is Scared,
My face, it looks like this,
My eyes open big,
My body wants to run, *(Pretend to run in place.)*
Safety's what I need,
So find yourself a teacher, *(Point to the teacher.)*
A parent or a friend, *(Point to a friend.)*
Get some help, and you'll feel safe again.
(Cross arms across your chest.)
(Repeat Refrain)

Hey hey my name is Happy,
My face, it looks like this,
My mouth is smiling,
My eyes zoom you. *(Point to your eyes then eyes of another person.)*
I'm saying life is good.
Rock together one, two. *(Step in place two times.)*
Help a friend, have fun,
And get your swagger on. *(Hands on hips and booty shake.)*
(Repeat Refrain)

8. Feeling, Feeling, Feeling 0:57

Act out the facial expressions of the emotions indicated.

When you're feeling, feeling, feeling,
Feeling angry,
Feeling angry,
You may choose to be a S.T.A.R.
When you're feeling, feeling, feeling,
Feeling scared,
Feeling scared,
You may choose to ask for help.
When you're feeling, feeling, feeling,
Feeling sad,
Feeling sad,
You may choose to cry it out.
When you're feeling, feeling, feeling,
Feeling happy,
Feeling happy,
You may share your biggest laugh!

9. Hello Buddies 0:41

Hold up the Feeling Buddy or Feeling Picture so children can wave "Hello" to the feeling that corresponds to the lyrics. Also have children demonstrate the face of the feeling they are greeting.

Hello, Happy. Hello, Scared.
Hello, Disappointed. Hello, Sad.
Hello, Frustrated. Hello, Anxious.
Hello, Angry. And hello, Calm.
Hello, Buddies. Hello, friends.
Welcome, Feeling Buddies.
You are safe. (2x)

10. Helping My Buddy 2:38

This call-and-response song is a wonderful way for children to practice calming their Feeling Buddies. If you do not have Buddies, partner the children up with one child playing the role of Angry, Sad and Happy, and the other child playing the calming role.

Hello Angry. (2x)
Welcome Angry. (2x)

Your face is going like this. (2x)
You seem angry. (2x)
Breathe with me. (2x)
You are safe. (2x)

Repeat using these feelings:
Scared, Sad, Happy

11. I Am Calm 1:09

Act out the facial expressions of the emotions and bodily actions indicated. Follow the directions in the parenthesis after each action statement.

When I'm feeling really sad,
I can choose to cry it out.
When I'm feeling really mad,
I can breathe and then relax. *(Breathe)*
When I'm feeling kind of scared,
I can take a few deep breaths. *(Breathe)*
I am calm and I am safe, *(Cross arms over chest and rock.)*
I am calm and I am safe. *(Continue rocking.)*

12. I Have a Choice 2:10

Echo where indicated and follow the instructions as noted.

When I feel angry (echo), I have a choice (echo),

To drain it out (echo) or be a S.T.A.R. (echo),

When I feel angry, I have a choice,

To drain it out or be a S.T.A.R.

(Pause to allow time to S.T.A.R.: Stop, Take a deep breath, And Relax.)

Stop, take a deep breath, and relax.

When I feel sad (echo), I have a choice (echo),

To cry with Mom (echo) or receive some love (echo).

When I feel sad I have a choice,

To cry with Mom or receive love.

(Pause to allow children time to comfort friend with pat on back.)

When I feel scared (echo), I have a choice (echo),

To find safety (echo) or ask for help (echo).

When I feel scared I have a choice,

To find safety or ask for help.

(Pause to allow time to role-play asking

for help: "I need help to feel safe.")

When I feel happy (echo), I have a choice (echo),

To share a smile (echo) or wish well (echo).

When I feel happy I have a choice,

To share a smile or wish well.

(Pause to breathe and wish well.)

13. I Have Made Some New Friends 1:00

Have children point to the Feeling Buddy or Feeling Picture that represents the emotion being sung. Also have a different child volunteer to demonstrate each emotion with their faces and bodies. The other children point to the person playing each emotion as the emotion's name is sung.

I have made some new friends,

And I know their names.

I have made some new friends.

They will be with me some days. **(Refrain)**

Angry, Sad and Disappointed, Anxious or

Calm, Scared, Happy or Frustrated.

I can choose to be a S.T.A.R.

(Repeat)

14. Important Messages 0:49

Follow the directions in the parenthesis to sign significant words from the song.

Happiness says, "I am love,"

You are love, we are love, *(Point to self, point to other, point to group.)*

Anger says, "Calm down and change," *(Sign the word "change" by placing balled fists on top of each other at the wrist and rotating the hand positions.)*

Stop right now, make a change, *(Repeat sign language for "change.")*

Scared says, "I need help to be safe," *(Sign the word "help" by having one hand lift the other hand up to represent the concept of assisting.)*

Help to be safe, help to be safe,

Sadness says, "I need comfort right now,"

It's okay to cry, I need comfort right now, *(Sign the word "cry" by having the fingers indicate tears rolling down the face.)*

All my feelings talk to me, *(Sign the word "talk" by having the upright index fingers alternate move back and forth from the mouth to represent two people talking to one another.)*

They want to tell me important things,
They're my friends, they're part of me. (2x)

15. In My Body 0:59

Place hands over each body part as it is mentioned.

Sometimes when I get a feeling,
It starts in my body.

I feel it in my throat,

I feel it in my chest,

Or feel it in my stomach,

And then I name the feeling.

Sometimes when I get a feeling,
It starts in my body.

I feel it in my throat, (pause)

I feel it in my chest, (pause)

Or feel it in my stomach, (pause)

And then I name the feeling. (2x)

16. It's Buddy Time 1:06

Hold up each Feeling Buddy or Feeling Picture over the course of the song, and have the children fill in the blanks.

It's time to get the Buddies,

The Buddies, the Buddies,
It's time to get the Buddies,
The Feeling Buddies now.
So sit in the circle and
Get ready to listen,
It's time to get the Buddies.
Oh, who do you see?
Oh, I see (feeling).
Hello (feeling).
Oh, I see (feeling).
Hello (feeling).
Oh, I see (feeling).
Hello (feeling).
It's time to get the Buddies,
Take a breath and look at me.

17. It's Okay 1:11

Have children lie down in a circle with their heads close together towards the center of the room. Have the children close their eyes and one by one, each share a feeling they felt that day. After each child shares, the rest of the group sings:

How did you feel today?
You felt (feeling),
You felt (feeling),

It's okay to feel that way,
You felt (feeling).
(Repeat 4x)

18. Listen to Your Feelings 1:08

Use the same sign language you used in "Important Messages" and add the additional signs.

Listen to your feelings. (*Sign the word "listen" by having the hand cup the ear in an attempt to hear better.*)
Listen to your feelings.
Feelings want to tell you something. (*Sign the word "feel" by having the middle finger move up the chest.*)
Listen to your feelings. (2x)
Feelings are your friends. **(Refrain)**
Anger says, "Calm down and change."
(*Sign "change."*)
Scared says, "I need help to be safe."
(*Sign "help."*)
Sadness says, "I need comfort right now."
(*Sign "cry."*)
Happiness says, "You are love, so am I."
(*Sign the word "love" by hugging something over the heart to indicate the concept of love.*)

Happiness says, "You are love, so am I." (2x)
(Repeat Refrain)

19. Look at My Face Part 1 2:01

Echo where indicated and follow the instructions as noted.

Look at my face (echo),
Look at my face (echo), (*Point to your face*)
Look at my face when I feel happy.
When I feel happy,
I look like this. (*Express your happy face.*)
This is my face when I feel happy. (*All children make the face.*)

Repeat using these feelings:
Angry, Sad, Scared

20. Look at My Face Part 2 2:01

Demonstrate emotions at key points in the song like you did in Part 1.

Look at my face (echo), (2x)
Look at my face when I feel frustrated.
When I feel frustrated,

I look like this,
This is my face when I feel frustrated.

Repeat using these feelings:
Anxious, Disappointed, Calm

21. Move 1:51

Act out the movements in the song if they apply to you.

We have feelings, feelings everyday.
(Refrain)
If you felt angry today, go down and up.
(Repeat Refrain)
If you felt sad today, turn around.
(Repeat Refrain)
If you felt scared today, jump up high.
(Repeat Refrain)
If you felt happy today, hop on one foot.
(Repeat Refrain)
If you felt frustrated today,
Sit on your place. **(Repeat Refrain)**
If you felt disappointed today,
Clap three times. **(Repeat Refrain)**
If you felt anxious today,
Touch your head. **(Repeat Refrain)**
If you felt calm today,
Wish someone well.

22. Sadness Got Ahold of Me 1:30

Act out the verses. During the refrain, wrap your arms around your body in many different ways to express "Sadness got ahold of me."

My Mommy dropped me off at school,
I don't want her to go.
My body slumped,
My mouth turned down.
Sadness got ahold of me. (echo 2x)

(Refrain)

Someone took my block again,
When I was trying to build.
My eyes got wet,
My head went down. (Repeat Refrain)
Daddy said he'd come to the game,
And then he never showed up.
I cried and cried and cried some more,
(Repeat Refrain)
Stuff happens everyday,
Sadness gets ahold of us all.
Parents, teachers, brothers and friends,
Sadness gets ahold of us all. (echo 2x)

23. Solutions 0:45

Make your face match the feeling and take a breath when the song indicates.

When I'm feeling sad,
When I'm feeling really mad,
Disappointed, scared or,
Maybe anxious in some way,
When I'm feeling frustrated,
And I don't know what to do,
I can choose to relax. (*Breathe*)
I just stop and smile,
Take a few breaths and relax,
And solutions I can find. (*Breathe*)

24. Tell Us How You Feel 2:10

Have two children hold hands across from each other to build a bridge like in the game London Bridge is Falling Down. The two children lower their hands to capture a friend when the song says, "Hello ___." Then do a call and response with the class and the captured child.

Hello (child's name),
Tell us how you feel today.

I am feeling sad,
That is how I feel today.
If you feel sad,
Tell us what you can do.
I can cry and then relax,
That is what I can do.

Hello (child's name),
Tell us how you feel today.
I am feeling angry,
That is how I feel today.
If you're feeling angry,
Tell us what you can do.
I can go to the Safe Place,
That is what I can do.
That is what I can do.

Hello (child's name),
Tell us how you feel today.
I am feeling disappointed,
That is how I feel today.
If you feel disappointed,
Tell us what you can do.
I can say, "I can handle this,"
That's what I can do.

Hello (child's name),
Tell us how you feel today.
I am feeling anxious,
That is how I feel today.

If you're feeling anxious,
Tell us what can you do.
I can get information,
That is what I can do.

Hello (child's name),
Tell us how you feel today.
I am feeling happy,
That is how I feel today.
If you're feeling happy,
Tell us what you can do.
I can wish my friends well,
That is what I can do.

25. This is My Face 1:33

Have each child sit crisscross applesauce facing a partner. Do a clapping game and pause to make the face indicated in the song. The clapping game you invent will depend on the age of your children.

This is my face,
This is my face,
This is my face when I feel angry.

Repeat using:
Sad, Scared, Frustrated, Anxious,
Disappointed, Happy, Calm

26. We All Feel Chant 0:48

Point to yourself, others and the group, or create a clapping game children can play with a partner during this chant. Have the children display the emotion with their faces and bodies when Mr. AL says each emotion.

I feel, you feel, we all feel,
Happy.

*Repeat with:
Sad, Angry, Scared, Disappointed, Calm*

27. When I Feel Scared 1:03

Sing this song as a call-and-response, acting out all parts that are possible.

Oh, I feel scared (echo),
When it is dark (echo),
When it is night (echo),
And there's no light (echo).
But if I choose (echo),
To be a S.T.A.R. (echo),
(Breathe)
I can breathe and relax,

Breathe and relax.
Look under the bed (echo),
No one is there (echo).

Whew! I'm safe.
Oh I feel scared (echo),
When I'm alone (echo),
My Mom's not home (echo),
Nowhere to go (echo),
But if I choose (echo) to be a S.T.A.R.
(echo),
(Breathe)

I can breathe and relax (echo),
Breathe and relax.
The doors are all locked (echo),
I've got my phone (echo).
Whew! I'm safe!

28. Wonderful Child 0:55

This song is wonderful for adults to sing to children or for children to sing their Feeling Buddies. If you choose to sing to a child, add movements that include touch and eye contact with the child.

A wonderful child felt emotions today,
He felt them in his body,
And gave them a name.

He listened to them,
And made them his friends.
Stay by my side,
You are my friends.

A wonderful child felt emotions today,
She found them in her body,
And gave them a name.
She listened to them,
And made them her friends.
Stay as long as you want,
You are my friends.

29. Yes, I Can 1:55

Children sing the song, then make a cheering action and say, "Yes, I can!" in a lively and louder tone.

Feeling disappointed can be hard.
It might happen through the day,
And I can handle it.
"Yes, I can!"
Choose to handle it.
"Yes, I can!"

*Repeat using:
Anxious, Sad, Scared, Angry, Frustrated*

