



Name: _____

Verse 1

Today I feel _____ (emotion),
Like a _____ (simile, e.g., "cloud in the sky").
I feel this way because _____ (reason),
It makes me want to _____ (action).

Chorus

Feelings come and feelings go,
Sometimes fast, sometimes slow.
When I feel _____ (emotion), I know just what to do—
I can _____ (healthy way to cope or express).

Verse 2

My friend once felt _____ (emotion),
And I helped by _____ (kind action).
They smiled and said, " _____ " (something kind or sweet),
That made me feel _____ (emotion).

Chorus

Feelings come and feelings go,
Sometimes fast, sometimes slow.
When I feel _____ (emotion), I know just what to do—
I can _____ (healthy way to cope or express).

Bridge/Outro (Optional)

No matter how I feel today,
_____ (Something you love, e.g. "music") helps me find my way.
I'll sing my song both loud and true,
Because feelings matter—just like you!