

THE FEELINGS OPERA

Version 1 • 4:45 • English

COMPLETE LYRICS + ANSWER KEY

Name: _____ Date: _____

Use the numbered answers at the end to check the worksheet.

TEACHING FOCUS
Feelings / expressing emotions / asking for help

INTRO

Mr. Lucas...
How are you feeling today?
Some days I smile, some days I cry,
So many feelings here inside.
Let's hear the music, let it play -
How am I feeling today?

ACT I

I'm HAPPY! I smile and sing!
I want to dance, I want to swing!
I clap my hands, I move my feet,
I'm feeling happy to the beat!

ACT II

I'm EXCITED! Here we go!
My heart beats fast, I want to know!
What's coming next? I cannot wait!
Today is going to be so great!

ACT III

OH! What's that? What do I see?
A big surprise? Is that for me?
My eyes are wide, I shout, "OH, WOW!"
I'm SURPRISED! Just look at me now!

ACT IV

I'm SCARED! What's that sound?
I look up, I look around.
I take a breath, I hold on tight,
I ask for help; I'll be all right.

ACT V

I'M ANGRY! I WANT TO SHOUT!
My angry feelings are coming out!
I STOP! BREATHE IN! ONE, TWO, THREE!
I choose what I do; that's up to me!

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Lyrics and answers for the selected version.

ACT VI

I'm SAD. I want to cry.
A little tear falls from my eye.
I need a friend to stay with me,
It's okay to feel this way, you see.

ACT VII

I'm SLEEPY. It's time to yawn.
I'm SLEEPY. It's time to yawn.
My busy day is almost gone.
I close my eyes, I rest my head,
Good night, good night, it's time for bed.

ACT VIII

I'm CALM. I breathe in slow,
I breathe out and let things go.
My hands are still, my feet are too,
I'm feeling calm. How about you?

GRAND FINALE

How am I feeling? Let me say!
My feelings change throughout the day!
HAPPY! SAD! ANGRY! SCARED!
My feelings change throughout the day!
HAPPY! SAD! ANGRY! SCARED!
Every feeling can be shared!
HAPPY! SAD! ANGRY! SCARED!
Every feeling can be shared!
HAPPY! SAD! ANGRY! SCARED!
Every feeling can be shared!
EXCITED! SLEEPY! CALM! SURPRISED!
So many feelings here inside!
EVERY FEELING HAS A NAME!
WE DON'T FEEL THE SAME EACH DAY!
WE CAN FEEL THEM! WE CAN SAY:
IT'S OKAY TO FEEL THIS WAY!
HOW ARE YOU FEELING TODAY?
HOW ARE YOU FEELING TODAY?
HOW ARE YOU FEELING TODAY?
HOW ARE YOU FEELING TODAY?
Whatever I feel...
IT'S OKAY!

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ANSWERS

1. smile	2. cry	3. HAPPY
4. dance	5. EXCITED	6. SURPRISED
7. SCARED	8. help	9. ANGRY
10. SAD	11. SLEEPY	12. head
13. CALM	14. NAME	

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