

My Feelings

You will be writing poems about your feelings. Use this worksheet as a guide to gather ideas for your poems. List as many things as you can under each heading.

Things that make me sad.

Things that make me happy.

Things that make me feel lonely.

Things that make me angry.

Things that make me afraid.

Things that make me feel silly.

My Feelings

A collection of poems by

Happy

H _____

A _____

P _____

P _____

Y _____

Afraid

A _____

F _____

R _____

A _____

I _____

D _____

Sad

S

A

D

Lonely

L

O

N

E

L

Y

Silly

S _____
I _____
L _____
L _____
Y _____

Angry

A _____
N _____
G _____
R _____
Y _____

Materials required:

Stapler

Scissors

6 pieces of 8.5" x 11" paper (5 pieces of paper without instructions)

Assembly Instructions

Print every page.

Fold each page corner to corner with the text facing out.

Trim 1/8 inch off of the open edge of all interior pages.

Do NOT TRIM TOP AND BOTTOM.

Do NOT TRIM COVER PAGE.

Collate the folded pages.

Place the Happy - Afraid page (folded in half with text out) on top of the Sad - Laugh page (folded in half with text out) then place the Silly – Angry page (folded in half with text out) after the Sad-Lonely page. The folded edge of your paper will be the right hand side of your book and the "open edges" will be the left side (spine side) of the book

Place the collated, trimmed, and folded pages inside the folded cover with the open edges towards the center cover fold.

Staple the outside edge of your book approximately ½ inch from the fold using 3-5 staples.

Provide children with colored pencils, crayons, or markers so they can illustrate their book!