

# Feeling Words & Healing Words

## *A Poetry Journey*

Poet: \_\_\_\_\_

# Introduction

There are many feelings that are true  
There is no “right” way to feel  
The greatest adventure lies in you  
Let’s journey to express what’s real

Writing is a helpful way  
To understand feelings big and wide  
Poetry is one way to say  
What’s difficult to keep inside

There are six different activities  
In this book to explore  
Beyond what your eyes can see  
And maybe even more

In the adventures you’ll see  
Poems come in all shapes and kinds  
There are so many ways poems can be  
So turn the pages and open your minds

Do a few, or every one  
That’s up to you to decide  
There’s beauty in both clouds and sun  
It’s all a part of the ride

# Table of Contents

Adventure 1: <i>What Turns Your Frown Upside Down?</i>	3-4
Adventure 2: <i>What Is Your Happy?</i>	5-6
Adventure 3: <i>Ode to Olly the Octopus</i>	7-8
Adventure 4: <i>Make Me Laugh</i>	9-10
Adventure 5: <i>What Do Feelings Sound Like?</i>	11-13
Adventure 6: <i>Sharing Loud and Proud</i>	14
Word Bank	15

# 1. What Turns Your Frown Upside Down?

Lately some have been feeling blue  
 That happens to us all, even you!  
 Think of a time you felt that way  
 What made you feel better?  
 What chased your sad away?

Make a list of the people and things  
 That turn frowns into smiles, winters to  
 springs

Write a poem about what cheers you up! Make a list of at least five people or items that make you feel better when you're sad. Write one item per line.

Once you have your list, go back and add one or two detail words (called adjectives) in front of each item. You can use the detail word bank at the end of this booklet.

## Detail Words

*Example: Creamy, rich*

## Items that Make You Feel Better

*ice cream*

---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---

# 1. What Turns Your Frown Upside Down?

Make something that shows one of your words! It can be a drawing, a picture collage — you name it!

## 2. What Is Your Happy?

To explain it best,  
Share what makes you happier than the rest  
Is happy a fluffy dog rolling in the grass?  
Strawberries, new pens, running real fast?

What is your happy?  
Please do share aloud  
It's okay if it's different  
From the rest of the crowd

### My Happy

My happy is \_\_\_\_\_.  
A color

My happy is a \_\_\_\_\_ that is \_\_\_\_\_.  
An animal you like                      What the animal is doing

My happy sounds like \_\_\_\_\_.  
A sound you love

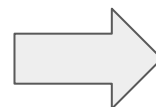
My happy tastes like \_\_\_\_\_ that is \_\_\_\_\_.  
A food you like                      What the food tastes like

My happy smells like \_\_\_\_\_.  
Your favorite smell

My happy feels like \_\_\_\_\_.  
Something that's fun to play with

My happy makes me \_\_\_\_\_.  
An action you do when you're happy

**When you're done, create one of your "Happys" on the other side!**



## 2. What Is Your Happy?

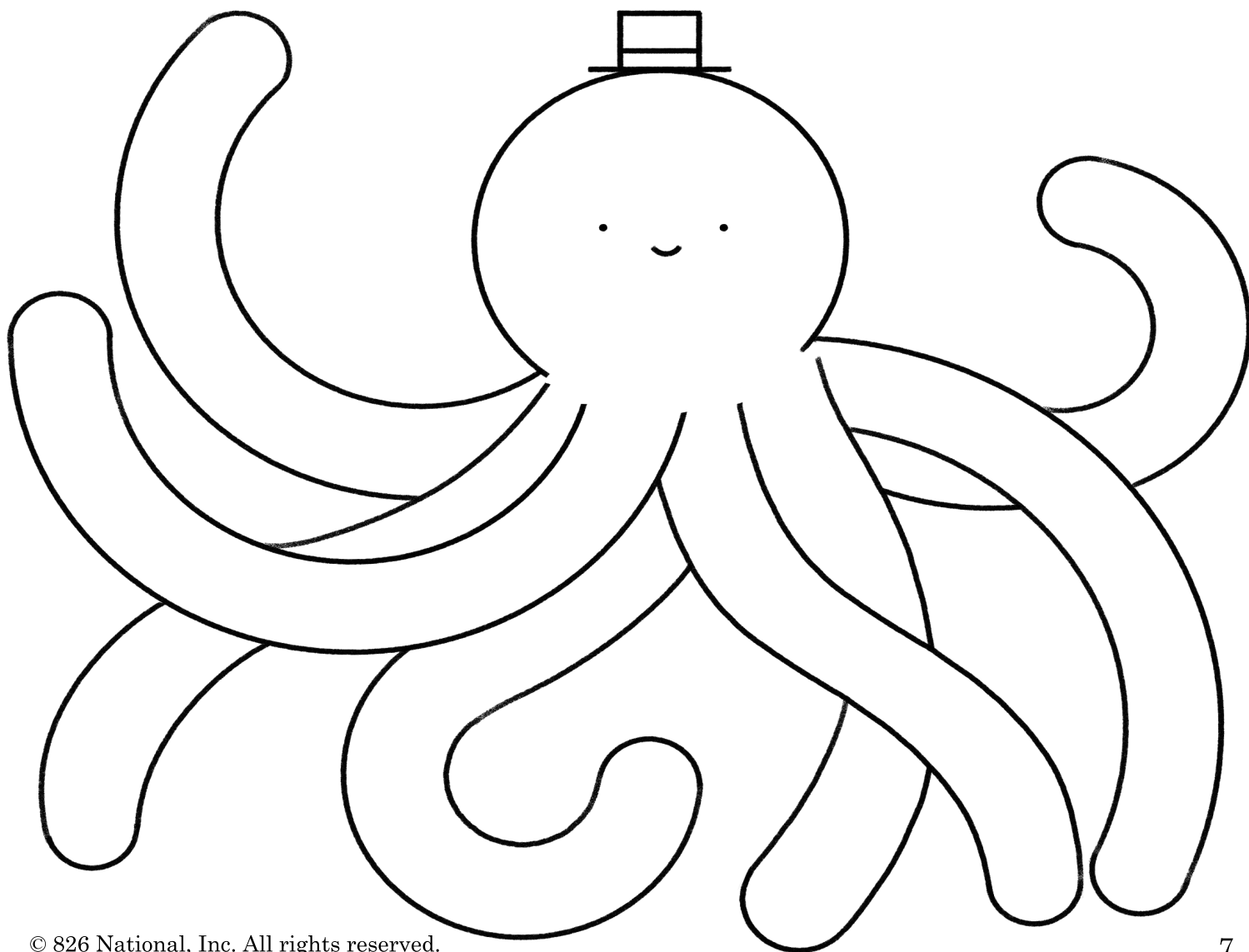
Make something that shows one of your items! It can be a drawing, a picture collage — you name it!

### 3. Ode to Olly the Octopus

Olly the Octopus has been feeling overwhelmed. To Olly, feeling overwhelmed is like listening to 100 whales bellow at once, or being stuck in cold, wet mud. Can you help Olly feel better? Think about what makes you relax when you're overwhelmed. Eating ice cream? Reading a book? Napping?

**In four of Olly's tentacles (that's what you call octopus arms!), write a tip for what he can do to feel more relaxed. In the other four tentacles, write Olly a compliment so he knows he's doing a good job!**

Then, color him in and decorate him!







## 4. Make Me Laugh

Laughing makes a lot of people feel better.

To start, draw a creature in the empty space below. Any creature!

## 4. Make Me Laugh

Write the silliest poem you can think of about the creature you drew.  
Does it have a silly name? What kind of silly things does it do everyday?

---

---

---

---

---

---

---

---

---

---

## 5. What Do Feelings Sound Like?

Here's a ginormous word: Onomatopoeia  
It means a word that sounds like a sound! Like:

***BANG!***     *Splash!*     Ding dong!  
**Brrring brrring!**  
**Crash!**     Pow!  
**Slurp!**

Think of at least four more sounds words. Write  
them here.

## 5. What Do Feelings Sound Like?

Write a poem that shows how each feeling sounds — you can make up your own sounds or use the word bank in the back of this book.

When I'm happy I sound like \_\_\_\_\_

Anger makes me go \_\_\_\_\_

A silly me will make a sound like \_\_\_\_\_

Sad me goes \_\_\_\_\_

If I'm feeling excited I'll go \_\_\_\_\_

and when I'm nervous you might hear \_\_\_\_\_

Pick three more feelings from the list below and write your own onomatopoeia sentences about them on the next page:

- |           |             |
|-----------|-------------|
| 1. Sleepy | 6. Scared   |
| 2. Hungry | 7. Lonely   |
| 3. Brave  | 8. Peaceful |
| 4. Calm   | 9. Confused |
| 5. Bored  | 10. Curious |

## 5. What Do Feelings Sound Like?

Write your own onomatopoeia sentences about feelings!

---

---

---

---

---

---

---

---

---

---

## 6. Sharing Loud and Proud

Pick one poem you wrote and read it out loud — to a classmate or friend or family member! If they read to you, be sure to listen very closely, the same way you want to be listened to. Don't forget to applaud when they're done! When everyone is done, draw or write what it felt like to share your poem:

# Word Bank

## Detail Word Bank

Yummy   Sparkly   Beautiful   Colorful   Huge   Fantastic   Tiny  
 Dark   Strong   Adorable   Soft   Crunchy   Amazing   Silly   Cuddly  
 Fuzzy   Delicious   Cheesy   Warm   Happy   Smart   Brave  
 Energetic   Excited   Joyful   Calm   Hungry   Bright   Adventurous  
 Giant   Mini   Smooth   Friendly   Kind   Quick   Silly   Purple  
 Yellow   Green   Fabulous   Lovely   Blue   Sweet   Tall   Short  
 Red   Orange   Outstanding   Nice   Thoughtful

## Onomatopoeia Word Bank

Bang   Smash   Crash   Brrrring Brrrring   Ah   Splash  
 Crunch   Buzz   Moan   Howl   Hoot   Screech  
 Yawn   Zoom   Zap   Hahaha   Wahoo   Woosh   Sigh  
 Argh   Squish   Slurp   Quack   Waaaah   Boing   Achoo  
 Ouch   Clap   Squeal   Rumble   Eeeeeek   Hmph   Grumble