

# Write. Read. Feel: Explore Your Feelings

What emotion do you want to explore in your writing today? You can choose **any** emotion you can think of, or circle one of the emotions in the box below to write about!

		
<b>Sad</b>	<b>Lonely</b>	<b>Excited</b>
		
<b>Calm</b>	<b>Happy</b>	<b>Angry</b>

MY EMOTION IS: \_\_\_\_\_

# Write. Read. Feel: Explore Your Feelings

Think about all the ways you experience, or feel, this feeling.

OBJECTS THAT MAKE ME: \_\_\_\_\_ (Your Emotion)

Draw your ideas here:

Or, list your ideas here:

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# Write. Read. Feel: Explore Your Feelings

Think about all the ways you experience, or feel, this feeling.

PLACES THAT MAKE ME: \_\_\_\_\_ (Your Emotion)

Draw your ideas here:

Or, list your ideas here:

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# Write. Read. Feel: Explore Your Feelings

Think about all the ways you experience, or feel, this feeling.

SOUNDS OR SONGS THAT MAKE ME: \_\_\_\_\_ (Your Emotion)

Draw your ideas here:

Or, list your ideas here:

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# Write. Read. Feel: Explore Your Feelings

Think about all the ways you experience, or feel, this feeling.

PEOPLE THAT MAKE ME: \_\_\_\_\_ (Your Emotion)

Draw your ideas here:

Or, list your ideas here:

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# Write. Read. Feel: Explore Your Feelings

Think about all the ways you experience, or feel, this feeling.

PLACES THAT MAKE ME: \_\_\_\_\_ (Your Emotion)

Draw your ideas here:

Or, list your ideas here:

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# Write. Read. Feel: Explore Your Feelings

Think about all the ways you experience, or feel, this feeling.

COLORS or SIGHTS THAT MAKE ME: \_\_\_\_\_ (Your Emotion)

Draw your ideas here:

Or, list your ideas here:

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# Write. Read. Feel: Explore Your Feelings

Think about all the ways you experience, or feel, this feeling.

WORDS THAT MAKE ME: \_\_\_\_\_ (Your Emotion)

Draw your ideas here:

Or, list your ideas here:

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# Write. Read. Feel: Explore Your Feelings

Write a list poem, or repetition poem, that describes all the ways this feeling shows up in your life. To get started, begin each new line of the poem with your chosen emotion, then add details from your brainstorm to make the poem your own. Or, use the poem template on page 10!

**NEW, ORIGINAL TITLE:** \_\_\_\_\_

*Hint: Do this last! After you write your poem, choose a favorite word or phrase from your poem and add it to your title. Make it your own!*

_____	is	_____
(Your emotion)		
_____	is	_____
(Your emotion)		
_____	is	_____
(Your emotion)		
_____	is	_____
(Your emotion)		
_____	is	_____
(Your emotion)		
_____	is	_____
(Your emotion)		
_____	is	_____
(Your emotion)		
_____.		
<i>(Hint: Try breaking the “list” pattern on the last line— write anything you’d like about your emotion!)</i>		

# Write. Read. Feel: Explore Your Feelings

Optional: Try the template below to write your “list” poem. When you finish, make the poem uniquely your own by mixing up the lines and adding more details. Use the space on page 11 to write your final draft.

**NEW, ORIGINAL TITLE:** \_\_\_\_\_

*Hint: Do this last! After you write your poem, choose a favorite word or phrase from your poem and add it to your title. Make it your own!*

\_\_\_\_\_ is \_\_\_\_\_  
(Your emotion) (an object)

\_\_\_\_\_ sounds like \_\_\_\_\_  
(Your emotion) (a song or sound)

\_\_\_\_\_ feels like \_\_\_\_\_  
(Your emotion) (a place)

\_\_\_\_\_ is the way \_\_\_\_\_  
(Your emotion) (a person or people)

\_\_\_\_\_ (something this person says or does)

\_\_\_\_\_ looks like \_\_\_\_\_  
(Your emotion) (color or sight)

\_\_\_\_\_ is \_\_\_\_\_ , \_\_\_\_\_ ,  
(Your emotion) (word) (word)

and \_\_\_\_\_.  
(word)

# Write. Read. Feel: Explore Your Feelings

Use the space below to write your final draft. If you used the poem template on page 10, try mixing up the lines of your writing and adding more personal details to make your writing shine!

**NEW, ORIGINAL TITLE:** \_\_\_\_\_

*Hint: Do this last! After you write your poem, choose a favorite word or phrase from your poem and add it to your title. Make it your own!*

A large rectangular box containing 18 horizontal lines for writing a poem or final draft.