

# Joy, You Know How I Feel

by Judy Rose Sensibar

Education Level: Elementary to High School

Genre: Poetry

Time frame: One hour

Objective: To use the senses to evoke emotion; to become for comfortable using simile and metaphor

Prior knowledge and skills: Familiarity with the five senses

Required materials: Pencils, paper, “Feelings Table” handout (below), “Feelings List” handout (below), and a way to stream Nina Simone’s song “Feeling Good.”

Literary model: None

## Sequence of activities:

### Play and discuss song (10 minutes)

Play Nina Simone’s “Feeling Good” for the class. This link has a version with the lyrics:

<https://youtu.be/FQMOT61vy-8?si=cZscJSkte7sSmgY9>

As students listen to the song, ask them to write down at least three ways Simone uses nature (animals and plants) to show how she “feels good.” A few examples to consider are:

Birds flyin’ high  
Breeze driftin’ by  
River runnin’ free  
Blossom on the tree  
Stars when you shine  
Scent of the pine

All these phrases show, or are examples of, how Simone illustrates what “feeling good” means to her.

### Read the “Feelings List” and divide into groups (5 minutes)

Pass out the “Feelings List” handout. Read the list, or selections from it, “popcorn” style. Depending on the size of the class, divide into groups of 2-5 people, or see if the students already have groups they are comfortable working in.

### Table worksheet group work (5 minutes)

Pass out the table worksheet. I have included examples in the first vertical column, but these can be erased. The class can then complete the first vertical column of the table to come up with “feelings.”

Circulate as groups of students work to fill in the chart. Encourage collaboration but also make it clear that not everyone has to have the same chart. The more ideas the better!

**Each group presents their work (20 minutes)**

If possible, as the groups contribute their ideas, type some of the responses into a laptop attached to a Promethean board, or write the phrases on the board, so students can start to see the poem take shape.

Collect the tables and later, cull the responses to create the group poems.

## Feelings List

<b>Accepting / Open</b> Calm Centered Content Fulfilled Patient Peaceful Present Relaxed Serene Trustworthy	<b>Angry / Annoyed</b> Agitated Aggravated Bitter Contempt Cynical Disdain Disgruntled Disturbed Edgy Exasperated Frustrated Furious Grouchy Hostile Impatient Irritated Irate Moody On edge Outraged Pissed Resentful Upset Vindictive	<b>Connected / Loving</b> Accepting Affectionate Caring Compassion Empathy Fulfilled Present Safe Warm Worthy <b>Curious</b> Engaged Exploring Fascinated Interested Intrigued Involved Stimulated	<b>Disconnected / Numb</b> Aloof Bored Confused Distant Empty Indifferent Isolated Lethargic Listless Removed Resistant Shut Down Uneasy Withdrawn <b>Embarrassed / Shame</b> Ashamed Humiliated Inhibited Mortified Self-conscious Useless Weak Worthless <b>Fear</b> Afraid Anxious Apprehensive Frightened Hesitant Nervous Panic Paralyzed Scared Terrified Worried	<b>Fragile</b> Helpless Sensitive <b>Grateful</b> Appreciative Blessed Delighted Fortunate Grace Humbled Lucky Moved Thankful Touched <b>Guilt</b> Regret Remorseful Sorry <b>Hopeful</b> Encouraged Expectant Optimistic Trustworthy <b>Powerless</b> Impotent Incapable Resigned Trapped Victim <b>Tender</b> Calm Caring Loving Reflective Self-loving Serene Vulnerable Warm	<b>Stressed / Tense</b> Anxious Burned out Cranky Depleted Edgy Exhausted Frazzled Overwhelmed Rattled Rejecting Restless Shaken Tight Weariness Worn out <b>Unsettled / Doubt</b> Apprehensive Concerned Dissatisfied Disturbed Grouchy Hesitant Inhibited Perplexed Questioning Rejecting Reluctant Shocked Skeptical Suspicious Ungrounded Unsure Worried
<b>Aliveness / Joy</b> Amazed Awe Bliss Delighted Eager Ecstatic Enchanted Energized Engaged Enthusiastic Excited Free Happy Inspired Invigorated Lively Passionate Playful Radiant Refreshed Rejuvenated Renewed Satisfied Thrilled Vibrant	<b>Courageous / Powerful</b> Adventurous Brave Capable Confident Daring Determined Free Grounded Proud Strong Worthy Valiant	<b>Despair / Sad</b> Anguish Depressed Despondent Disappointed Discouraged Forlorn Gloomy Grief Heartbroken Hopeless Lonely Longing Melancholy Sorrow Tearful Unhappy Upset Weary Yearning			

## Body Sensations

Achy Airy Blocked Breathless Bruised Burning Buzzy Clammy Clenched Cold Constricted Contained	Contracted Dizzy Drained Dull Electric Empty Expanded Flowing Fluid Fluttery Frozen Full	Gentle Hard Heavy Hollow Hot Icy Itchy Jumpy Knotted Light Loose Nauseous	Numb Pain Pounding Prickly Pulsing Queasy Radiating Relaxed Releasing Rigid Sensitive Settled	Shaky Shivery Slow Smooth Soft Sore Spacey Spacious Sparkly Stiff Stil Suffocated	Sweaty Tender Tense Throbbing Tight Tingling Trembly Twitchy Vibrating Warm Wobbly Wooden
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	<b>Looks like</b>	<b>Sounds like</b>	<b>Tastes like</b>	<b>Smells Like</b>	<b>Feels Like</b>
<b>Calm</b>					
<b>Happy</b>					
<b>Intrigued</b>					
<b>Peaceful</b>					
<b>Energized</b>					