

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: "Feeling Good" by Nina Simone

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

Accepting / Open Calm Centered Content Fulfilled Patient Peaceful Present Relaxed Serene Trustworthy	Angry / Annoyed 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	Connected / Loving Affectionate Caring Compassion Empathy Fulfilled Present Safe Warm Worthy Curious Engaged Exploring Fascinated Interested Intrigued Involved Stimulated	Disconnected / Numb Aloof Bored Confused Distant Empty Indifferent Isolated Lethargic Listless Removed Resistant Shut Down Uneasy Withdrawn Embarrassed / Shame Ashamed Humiliated Inhibited Mortified Self-conscious Useless Weak Worthless Fear Afraid Anxious Apprehensive Frightened Hesitant Nervous Panic Paralyzed Scared Terrified Worried	Fragile Helpless Sensitive Grateful Appreciative Blessed Delighted Fortunate Grace Humbled Lucky Moved Thankful Touched Guilt Regret Remorseful Sorry Hopeful Encouraged Expectant Optimistic Trustworthy Powerless Impotent Incapable Resigned Trapped Victim Tender Calm Caring Loving Reflective Self-loving Serene Vulnerable Warm	Stressed / Tense Anxious Burned out Cranky Depleted Edgy Exhausted Frazzled Overwhelmed Rattled Rejecting Restless Shaken Tight Weariness Worn out Unsettled / Doubt Apprehensive Concerned Dissatisfied Disturbed Grouchy Hesitant Inhibited Perplexed Questioning Rejecting Reluctant Shocked Skeptical Suspicious Ungrounded Unsure Worried
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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 Trembling Twitchy Vibrating Warm Wobbly Wooden
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	Looks like	Sounds like	Tastes like	Smells Like	Feels Like
Calm					
Happy					
Intrigued					
Peaceful					
Energized					