

# Tell Me What Emotions Are!

Jo Downs

♩=120

echo sing....

"Emotions.... Emotions.... does not compute..." Tell me what e-mo-tions are

I don't un-der- stand. Can you see them a - ny- where? Or

hold them in your hand? E-mo-tions are how you feel in- side you can't

hold them in your hand\_\_\_\_\_ but you can see them in peo-ple's fa - ces\_

we can look: Hap-py, Make a happy face scared, Make a scared face... frus - tra-ted

em - bar-rassed an - gry ner-vous

it's O - K to feel these things\_ ev'-ry-bo-dy feels them.

**RAP!**

If you're fee-ling an - gry stamp your feet, run a-round out-side, take some nice deep breaths un

til you're calm a- gain. If you're fee-ling sad, find a friend\_ to talk to, hug your Mum or

Dad, put some mu - sic on, dance, sing, chase your blues a- way!

I know what e-mo-tions are! Now I un-der- stand! I can see them ev'-ry where

51  
In faces all a-round. I can see: Happy, scared,

57  
frus - tra-ted em - bar-rassed angry

58  
an-gry

59  
ner -vous.

60  
Breathe in,

61  
breathe out

62  
Breathe in!

64  
Breathe in!

69  
Breathe out!

70  
Breathe in!

71  
breathe out.