

## Emotions in My Guts

Emotions in my guts my heart and my breathe  
My hearts beating faster, I'm feeling so bilious  
Emotions in smiles, in laughter and gesture  
Feeling so bubbly and fine oh so fine

Emotions are loud, Whao, Come ONNNN  
Feelings are warm hugs & skipping down fun steps  
Emotions yell Stop and NO I Won't do That  
Feelings are tight in my muscles & hand fists

Phoning my best friend, I'm feeling so loved now  
Singing my fav song, I'm loud & melodious  
Walking the dogs and smelling the wind  
These are a few of my emotional feelings.

When my friend yells  
When I'm running late  
When I'm feeling sad  
I simply remember my emotional life  
And then all my feelings make sense.

Emotions impact my body and mind  
Emotions are always responding within us  
Emotions need attention, like grazing your knee  
Emotions are easily my favourite things

Feelings emerge from emotional experience  
Feelings are expressed in our bodies & behaviour  
Illusive Feelings can hurt us later  
Feelings need our recognition too

Feelings are anger, frustration and anxiety  
Boredom, excitement, fear and awe  
Feelings are horror, empathic pain and joy  
Feelings are relief, nostalgia, and amusement.

When I'm craving  
When I'm disgusted  
When I'm so confused  
I simply remember to acknowledge my body  
And then I can work out why

When I'm grateful  
When I'm awkward  
When I'm adoring you  
I simply remember to acknowledge my body  
And then I can feel so loved.