

# SAY HOW YOU FEEL

The emotion in your voice helps the audience know how the poem should make them feel. Change your tone and try and show your different emotions as you read these poems.

When I'm sad  
it feels like the sky is crashing down,  
like the oceans are rising  
and the ground is swallowing me up.  
All is dark and cold.



When I'm nervous  
it feels like my heart  
is going to lightning-strike out of my chest,  
like my skin is raining,  
like my belly is a mudslide.



When I'm happy  
my cheeks feel like rose buds,  
my tummy glows with sunlight,  
my shoulders are a forest breeze.



When I'm angry  
my body is rock,  
my face is wet clay.  
Meteorites inhabit my fists,  
my voice is all smoke and fire.



When I'm excited  
my toes are ants,  
I'm a river bubbling  
and an air current of wishes,  
my smile could explode the sun.

