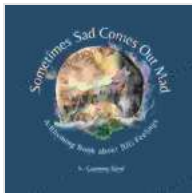


Rhyming About Big Feelings: A Guide to Help Kids Express Themselves

As parents, we all want our kids to be happy and healthy. But sometimes, it can be difficult to know how to help them when they're struggling with big feelings.



Sometimes Sad Comes Out Mad: A Rhyming Book About BIG Feelings by Grammy Sami

★★★★★ 5 out of 5

Language : English

File size : 17608 KB

Screen Reader : Supported

Print length : 29 pages

Lending : Enabled



One way to help kids express their emotions is through rhyming. Rhyming can be a fun and creative way for kids to explore their feelings and make sense of them.

In this guide, we'll provide tips and advice on how to write poems about feelings, as well as examples of poems that kids can read and enjoy.

How to Write Poems About Feelings

When writing poems about feelings, it's important to start by identifying the feeling that you want to write about. Once you have a feeling in mind, you can start to brainstorm words and phrases that describe that feeling.

Here are some tips for writing poems about feelings:

- **Be specific.** When describing your feelings, be as specific as possible. Don't just say "I'm sad." Instead, say "I'm sad because I miss my friend."
- **Use vivid language.** Use vivid language to create a picture in the reader's mind. Don't just say "I'm happy." Instead, say "I'm happy as a clam."
- **Don't be afraid to rhyme.** Rhyming can be a fun and effective way to add interest to your poems. However, don't force rhymes. Only rhyme when it feels natural.
- **Read your poems aloud.** Reading your poems aloud can help you to identify any awkward phrasing or rhymes. It can also help you to get a feel for the rhythm of your poems.

Examples of Poems About Feelings

Here are some examples of poems about feelings that kids can read and enjoy:

I'm Happy

I'm happy as a clam, I'm happy as can be. I'm happy because I'm with my friends, And we're having so much fun.

I'm Sad

I'm sad because I miss my friend, I miss her so much. I wish she was here with me, So we could play and laugh.

I'm Angry

I'm angry because my brother took my toy, And he won't give it back. I'm so angry that I could cry, But I'm trying to be brave.

I'm Scared

I'm scared of the dark, I'm scared of the monsters under my bed. I'm scared of the ghosts in the closet, And I'm scared of the witches in the woods.

I'm Excited

I'm excited because it's my birthday, And I'm going to have a party. I'm going to have cake and ice cream, And I'm going to play games with my friends.

Rhyming About Big Feelings is a fun and creative way for kids to express their emotions. By providing tips and advice on how to write poems about feelings, as well as examples of poems that kids can read and enjoy, this guide can help parents and educators to support kids in their emotional development.



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About BIG Feelings by Grammy Sami

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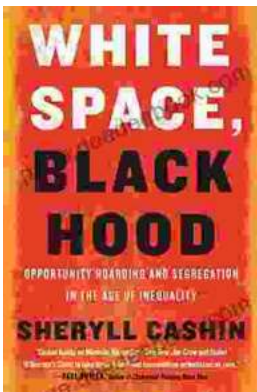
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