

What I'm Feeling

2-part version

words & music by Glyn Lehmann

*How do I know what I'm feeling?
How do I know, I know?
How do I know what I'm feeling?
How do I know, I know?*

Verse 1

When I'm happy
I smile from ear to ear
When I'm happy
I want to give a cheer
When I'm happy
Like a sunny day
When I go out to play

Verse 2

When I'm sad
I let my head hang down
When I'm sad
I cry and wear a frown
When I'm sad
Everything seems grey
The colours all fade away

*How do I know what I'm feeling?
How do I know, I know?
How do I know what I'm feeling?
How do I know, I know?*

Verse 3

When I'm angry
My heart will start to race
When I'm angry
I have a bright red face
When I'm angry
There's a great big storm
Growing inside of me

Verse 4

When I'm excited
My eyes are bright and wide
When I'm excited
I feel like I could fly
When I'm excited
I jump up and down
Like a young chimpanzee

*How do I know what I'm feeling?
How do I know, I know?
How do I know what I'm feeling?
How do I know, I know?*

Verse 5

When I'm worried
I lie awake in bed
When I'm worried
The thoughts go round my head
When I'm worried
Like a big black cloud
Covering up the sun

Verse 6

When I'm scared
I might scream out loud
When I'm scared
Or be as quiet as a mouse
When I'm scared
My heart goes boom boom boom
Pounding inside of me

*That's how I know what I'm feeling
That's how I know, I know
That's how I know what I'm feeling
That's how I know, I know*