UNIT 1 — ALL ABOUT FEELINGS

Listening and Speaking

What is the rap trying to say to you?
Listen to the rap and repeat it aloud.

Talk to Mama

Whenever I'm angry, I count out loud,
Count to a hundred and let my anger out,
And I remember Mama saying aloud,
'Tell me, dear, what you're angry about.'

Whenever I'm hurt, I just want to cry,
To moan, to whimper, to sob and sigh,
Then I remember Mama asking me to try,
To pour out my feelings and tell her why.

Whenever I'm lonely, I've no friends to meet,
Tasty food I'll munch and eat,
Then I remember Mama saying to me,
'Be nice to others and friends you'll meet.'

Whenever my feelings get too strong,
To shout, to moan, to complain is wrong,
I know dear Mama was right all along,
Talk to Mama and my problems will be gone.

Answer the following questions.

1) What would you do if you are angry?

2) What would you do if you are hurt?

3) What would you do if you are lonely?

4) What would you do if your feelings get to strong?