

## Emotions / Sensory Poem

Have you ever felt more than one emotion or feeling at the same time, either similar or opposite? For example, one day you might feel worried because you are having a test, but you also feel happy because it's a Friday.

Brainstorm a list of emotions such as love, hate, happiness, sadness, etc.

Choose one of the emotions and its opposite; for example, you might choose love and hate, happiness and sorrow, frustration and exhilaration, etc. Assign each emotion a color, such as "Hate is black" or "Happiness is yellow." Write a two part poem about what those two emotions are like using the following senses to further explore the emotion:

Emotion vs Emotion

\_\_\_\_\_ (emotion) is \_\_\_\_\_ (color)

It smells like \_\_\_\_\_ .

It tastes like \_\_\_\_\_.

It sounds like \_\_\_\_\_.

It feels like \_\_\_\_\_.

It looks like \_\_\_\_\_.

It moves like \_\_\_\_\_.

\_\_\_\_\_ (emotion) is \_\_\_\_\_. (Give a metaphoric statement.)

But,

\_\_\_\_\_ (emotion) is \_\_\_\_\_ (color)

It smells like \_\_\_\_\_ .

It tastes like \_\_\_\_\_.

It sounds like \_\_\_\_\_.

It feels like \_\_\_\_\_.

It looks like \_\_\_\_\_.

It moves like \_\_\_\_\_.

\_\_\_\_\_ (emotion) is \_\_\_\_\_. (Give a metaphoric statement.)

*Examples:*

### **Sadness vs Happiness**

Sadness is grey.  
It smells like cold ashes.  
It tastes like rotten peaches.  
It sounds like a meowing kitten.  
It feels like being alone in the dark.  
It looks like dark skies on a damp day.  
It moves like a leaf on a stream.  
Sadness is falling into a hole.  
But,  
Happiness is orange.  
It smells like cotton candy.  
It tastes like a scoop of sherbet on a hot day.  
It sounds like wedding bells ringing.  
It feels like a roller coaster.  
It looks like a bouquet of brightly colored balloons.  
It moves like a beam of light through a morning window.  
Happiness is dipping your bare toes in a clear lake.

By Pat Douglas

### **Courage vs Fear**

Courage is red.  
It smells like pine trees in a forest.  
It tastes like raindrops on my tongue.  
It sounds like bells ringing in the distance.  
It feels like drum beats in your chest.  
It looks like a soldier standing straight and tall.  
It moves like a butterfly up a hill or a truck barreling down the freeway.  
Courage is pushing your head above the clouds.  
But,  
Fear is black.  
It smells like sweat.  
It tastes like metal.  
It sounds like wind whistling through a crack in the window.  
It feels like pins and needles on your skin.  
It looks like shadows in a dark alley.  
It moves in and out of view.  
Fear is a wave crashing over your head.

By Julia Reed