

## Around the Sun

### Emotional Climate Check-In Song

**Start with the beat:** Pat your legs twice, and clap your hands once (reminiscent of the “We Will Rock You” rhythm).

**Add the lyrics:**

*The world is turing*  
[Pat, pat, clap]

*Around the sun*  
[Pat, pat, clap]

*And I am feeling \_\_\_\_\_*  
[Pat, pat, clap]

**Learn the structure:** One at a time (we suggest moving in a circle around the room) students insert their feeling word in the blank. The call and response is repeated until each member of the class community has shared their feeling.

**Brainstorm feeling words:** We all experience a wide range of emotions (or feelings) that may change day to day, or even hour by hour! How many feeling words can you name?

### Feeling Words Bank

Happy	Empowered	Sad
Angry	Confused	Other