

# The Melody Method™

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## Feelings



Today we are  
**Feeling our Feelings,**  
can you?

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This fast-paced, fun, upbeat song brings to light the vibrancy of Feelings in all forms, encouraging children to really feel their feelings in a safe, healthy way that can restore the balance of any situation, encourage self-esteem, self resiliency, and confidence in an otherwise stress or intense situations.