

Feelings

Sad

Mad

Bored

Happy

Excited

Nervous

Worried

Stressed

Confident

Disgusted

Embarrassed

My head is where these feelings start

Down they go into my heart.

When there is more than one, they confuse me

Sometimes I put them aside and then I am free.

When I cannot, back to my brain they go

How does my brain fix this? I do not know.