



Power's Inside of You and Me

My EMOMASTERS Song Book



My name is _____



This song is fun and easy to say! It reminds you that you're the boss of your feelings. Each EMOMASTER has a special superpower to help you feel better and stay in control. You can always choose how you feel and be strong!

Are you ready to
sing and have FUN?



[Go to: the achievementgroup.org/kids](https://theachievementgroup.org/kids)

EMOMASTERS Chant and Rhyme: "Power's Inside of Me!"

Teacher: Who's got the power to choose how they feel?

Children: **I do, I do – it's super real!**

Teacher: Who can calm the storm and bring the light?

Children: **SereniStar helps me make it right!**

Teacher: Who brings the energy, strong and true?

Children: **Pulse says, "Keep going—you can do it too!"**

Teacher: Who turns action into a mighty roar?

Children: **MOTION helps me soar and explore!**

Teacher: Who keeps me focused, calm, and clear?

Children: **Calm Knight whispers, "No need to fear."**

Teacher: Who helps me listen and understand?

Children: **Emotress says, "Hold out your hand."**

All Together (clap or stomp to rhythm):

Power's inside of you and me,

Feel it flow, strong and free!

I can choose—I'm in control,

EMOMASTERS light my soul!

Let's Sing the Lyrics!

Who has the power to choose how they feel? I do. I do. It's super real!

Rose is feeling upset because she lost her favorite toy. What can Rose say to herself to feel better?





Who can calm the storm and bring the light? SereniStar helps me make it right.

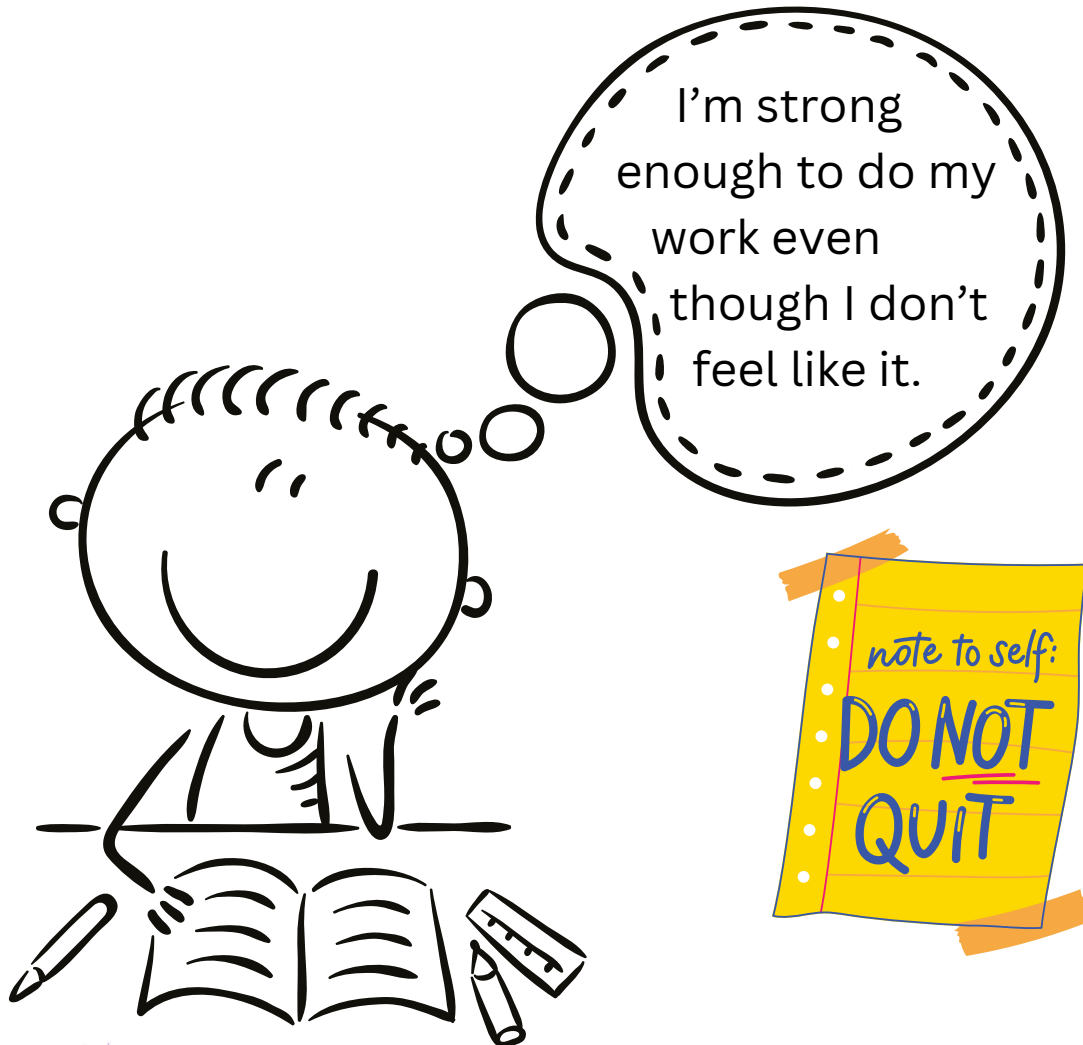


SereniStar spreads peace and helps everyone get along. She shows you how to stay calm and find your happy balance, no matter what's happening around you.





Who turns action into a mighty roar? Motion helps me soar and explore.



Motion

Motion helps you feel strong and ready to do great things! You discover how to use your energy to take action, keep moving forward, and make things better.



**Who brings the energy, strong and true?
Pulse says, "Keep going—you can do it
too!"**



Pulse is full of energy and strength!
He helps bring back hope and shows
you how to stay strong and keep
going, even when things seem hard.



Pulse





**Who keeps me focused, calm, and clear?
Calm Knight whispers, "No need to fear."**



Calm Knight helps you feel calm and focused. He reminds you of your inner strength to handle worries and shows you how to stay steady and peaceful, even when things get tough.



Calm Knight



**Who helps me listen and understand?
Emotress says, "Hold out your hand."**



Emotress

Emotress helps you feel understood and cared for. She shows how speaking up and asking for what you need in a strong and nice way can make everyone feel stronger and happier.



**Power's inside of you and me,
Feel it flow, strong and free!
I can choose—I'm in control,
EMOMASTERS light my soul!**



Are You in Control of Your Emotions?

We all have emotions.

It means we are human.

Some people call them feelings.

Can you handle your emotions well?



**What if you knew
that you are
STRONG ENOUGH
to master your
emotions?**

First, you need to know how to name them.

Go see some emotions



Emotions

Anger



Fear



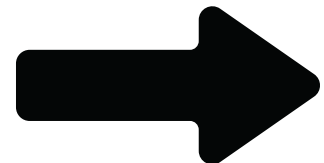
Sad



Frustrated



Go see some more emotions



Confident



Happy



Strong



Excited





Riding the Bike of Feelings

One sunny afternoon, Mia decided to learn how to ride her bike without training wheels. She put on her shiny purple helmet and climbed onto her bike, wobbling a little as she started to pedal. Her big brother, Jayden, held onto the back to keep her steady.

“Remember, Mia,” Jayden said, “the handlebars are like magic. They take you wherever you want to go!”

“Magic?” Mia giggled, gripping the handlebars tightly. “Okay, let’s go to the ice cream shop!”

Jayden laughed. “Not yet! First, you need to practice steering.”

As Mia pedaled, she suddenly felt nervous. “What if I fall?” she asked, her voice shaky.

“That’s your ‘fear’ messenger,” Jayden said, jogging alongside her. “It’s just reminding you to be careful. Keep pedaling, and use the handlebars to steer away from the bumps.”

Mia took a deep breath and focused on steering around a tiny rock in the road. “I did it!” she cheered, feeling proud.

“Now you’re using your ‘confidence’ messenger,” Jayden said. “See how your feelings can change when you steer them in a better direction?”

But then, Mia got mad. “Why is this so hard?” she grumbled, gripping the handlebars tightly. “I just want to ride like you!”

“That’s your ‘anger’ messenger,” Jayden said with a grin. “It’s telling you to try harder, not give up.”

Mia thought about it and started pedaling faster. Soon, she was gliding down the sidewalk. “I’m doing it, Jayden! I’m riding!”

As she zoomed around the corner, Mia felt a little sad. “I wish Mom could see me,” she said quietly.

“That’s your ‘sadness’ messenger,” Jayden said, catching up. “It’s okay to miss Mom, but you’re

riding so well, she'd be super proud of you!”

Mia smiled, steering her bike toward home. “I guess my feelings are a lot like this bike,” she said. “I can't stop them from popping up, but I can steer them where I want to go.”



**Handling your emotions
is like steering a bike
where you want it to go.**

“Exactly!” Jayden said, giving her a high-five. “Your feelings are the messengers, but you're the rider. And you're doing awesome!”

From that day on, Mia thought of her emotions like the handlebars of her bike. Whenever she felt something big, she remembered she had the power to steer—and just like riding her bike, the more she practiced, the easier it got.

Drawing Activity: Steering Your Feelings

Objective: Help kids understand how they can "steer" their emotions, just like riding a bike.

Instructions:

1. Draw Your Feeling Bike:

- On a blank sheet of paper, have the kids draw a simple bike.
- Label the handlebars: "Feelings" and the rider: "Me."

•

2. Add Emotions:

- In the space around the bike, draw small clouds or bubbles.
- Inside each bubble, write or draw different feelings, like:
 - 😊 Happy
 - 😡 Angry
 - 😞 Sad
 - 😱 Scared
 - 😎 Proud
- Encourage them to use colors to match the feelings (e.g., yellow for happy, blue for sad).

3. Steer Your Feelings:

- Ask: “Where do you want your feelings to go?”
- Have them draw arrows coming from the handlebars toward positive destinations:
 - A sunny park (happy)
 - A calm beach (peaceful)
 - A cozy bed (safe)
- Let them decorate the bike path with fun things like flowers, stars, or animals.
-

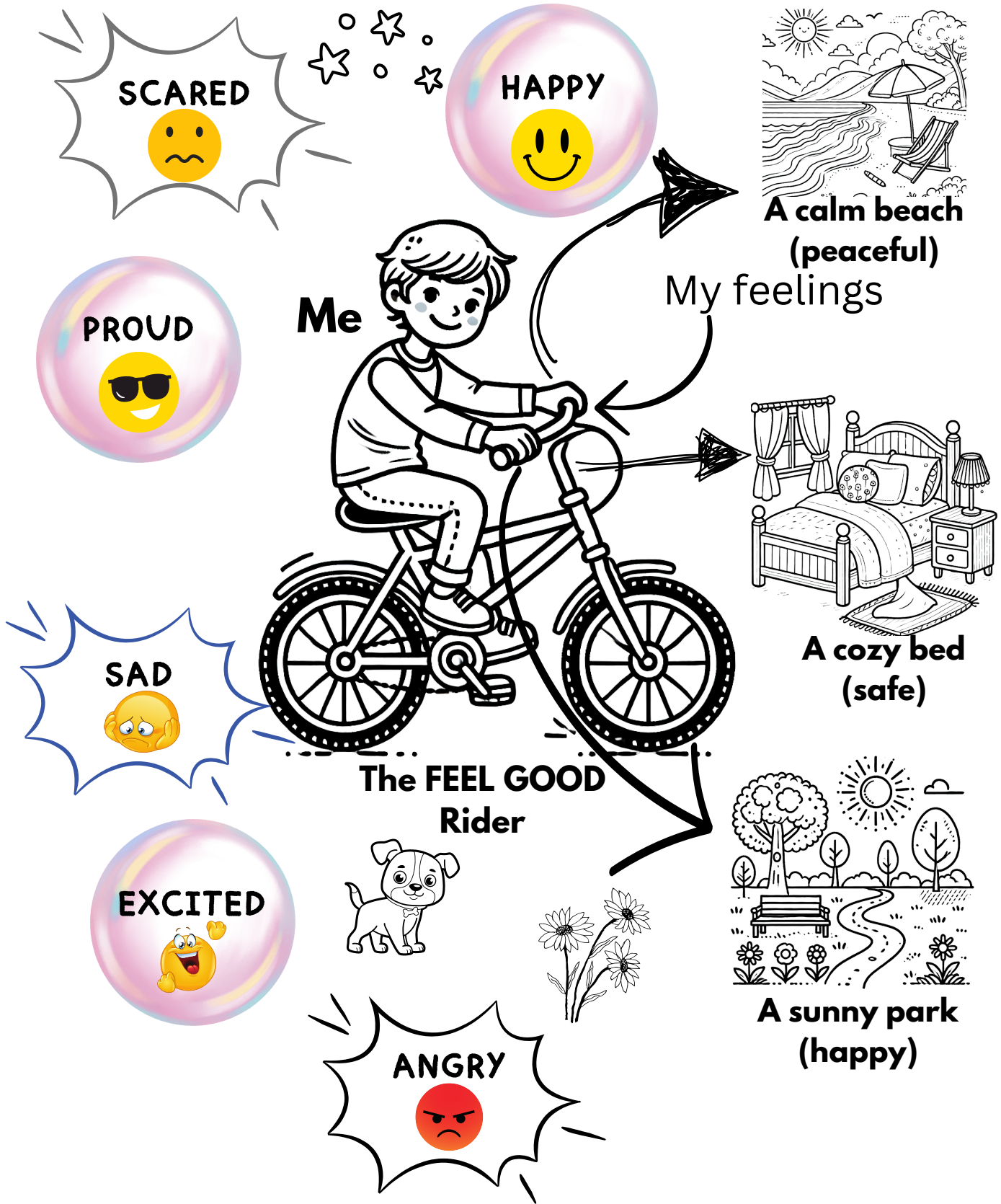
4. Talk About It:

- Discuss how, like steering the bike, they can choose how to handle their feelings.
- Ask:
 - “What can you do if you feel scared?”
 - “What helps you when you feel sad?”
 - “How do you steer yourself toward feeling happy?”

Extra Fun:

- Let them name their bike something fun like “The Feel-Good Rider.”
- Share and celebrate their artwork in a "Feelings Gallery."

Steering Your Feelings



SCARED



HAPPY



PROUD



SAD



EXCITED



ANGRY



**A calm beach
(peaceful)**

My feelings

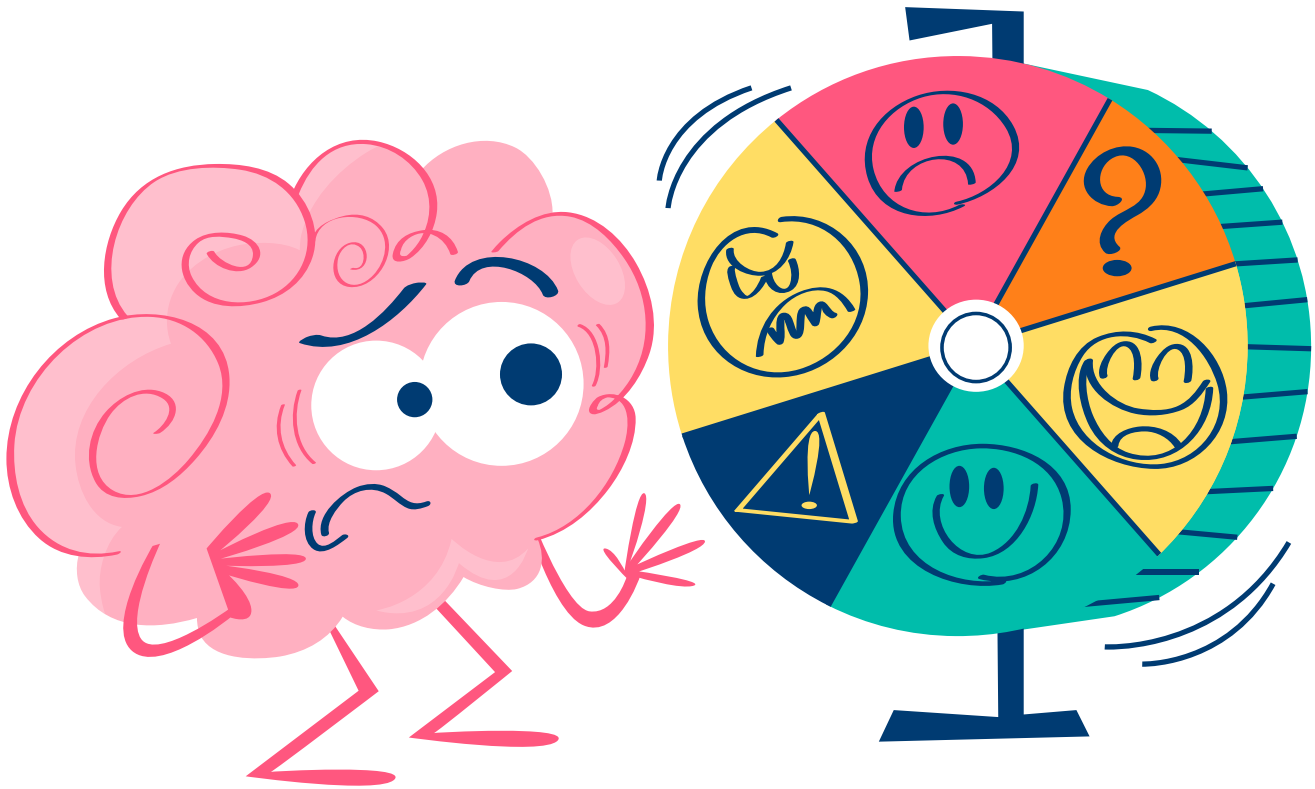


**A cozy bed
(safe)**



**A sunny park
(happy)**

Sometimes we are not sure of what we're feeling.



That can make you feel anxious. One thing you can do is ask yourself:

How do I want to feel instead? Then say:
“I now choose to feel _____”.
(put your special feeling here)

See how powerful you are?

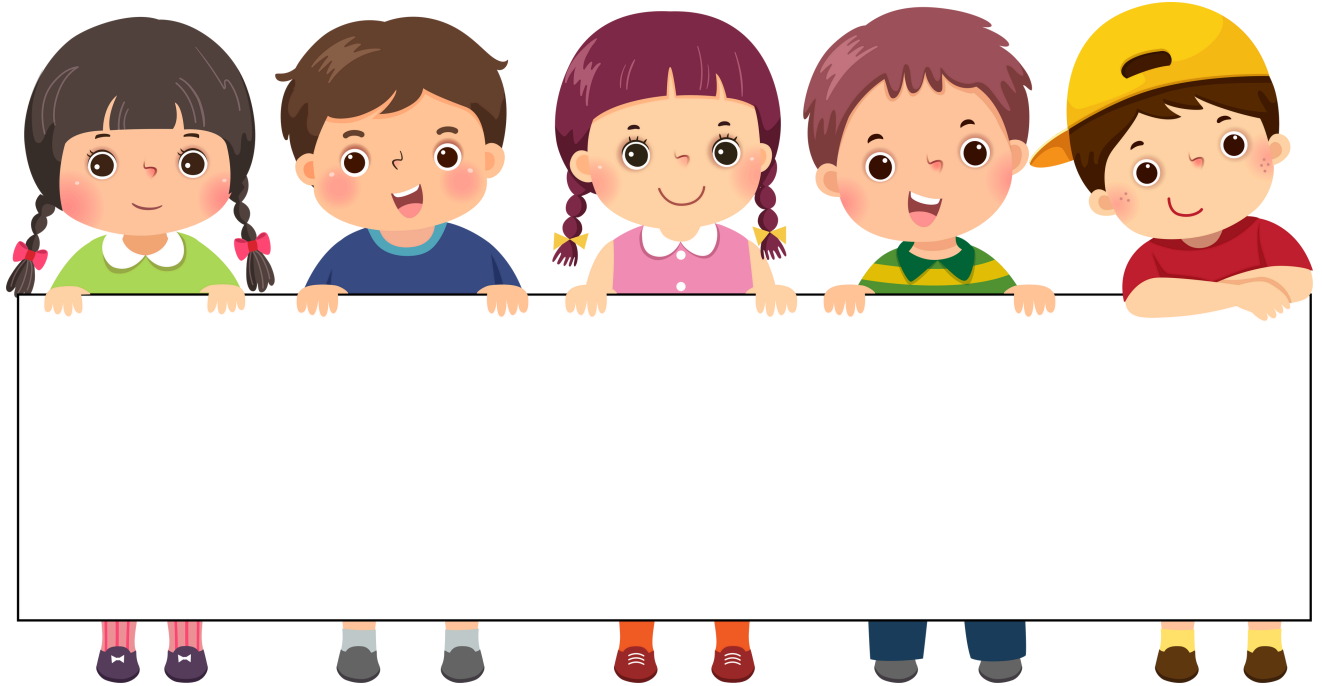
Understanding Your Emotions

"Did you know that your feelings are like little messengers? They bring you important clues to help you understand what's going on inside you. Let's learn what they mean!

- Fear:
Fear is like a friend saying, 'Watch out! There might be something scary or dangerous!' It's there to keep you safe.
- Anger:
Anger is like a loud voice saying, 'Hey! Someone broke the rules or did something that's not okay!' It helps you stand up for yourself.
- Sadness:
Sadness is like a gentle whisper saying, 'You think you've lost something or someone you love.' It's okay to feel sad because it means you care.

When you understand the messages, you can decide what to do next! Like asking for help, being brave, or finding comfort when you're sad.

How do you want school to make you feel? Write it in the box.



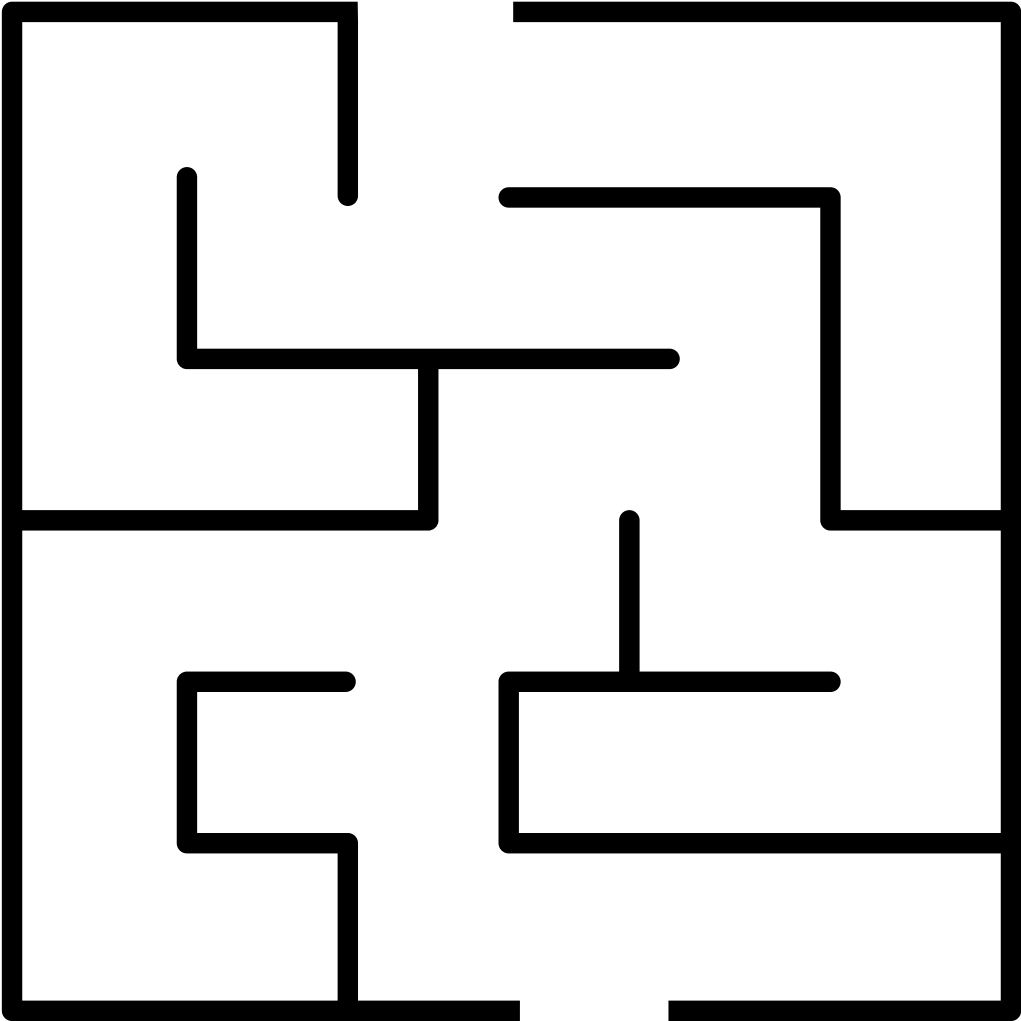
What can you do to feel that way? Draw it.



Help Jose fiind his way up to his inner calm.



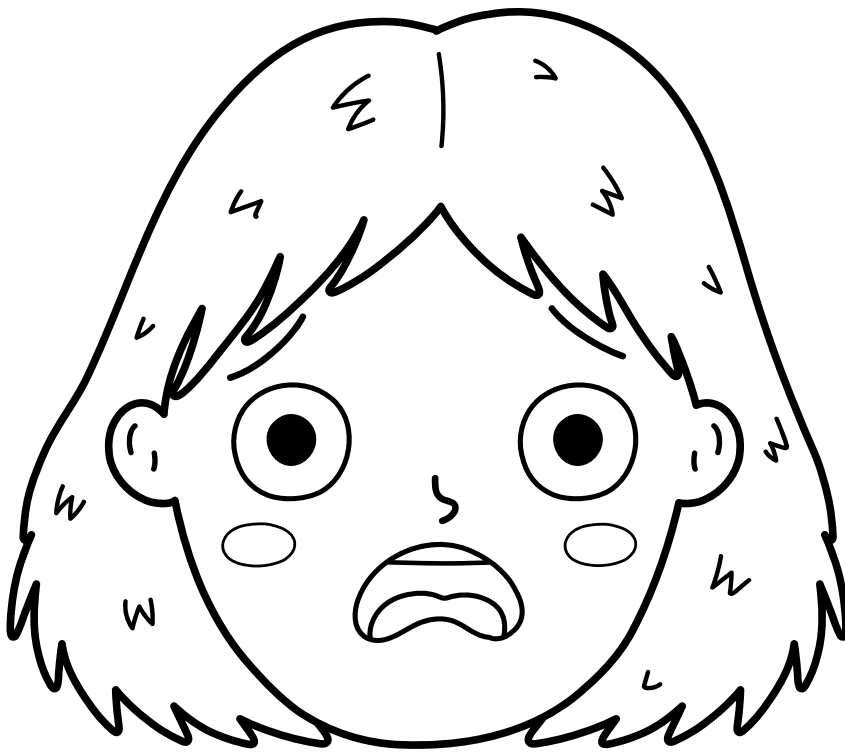
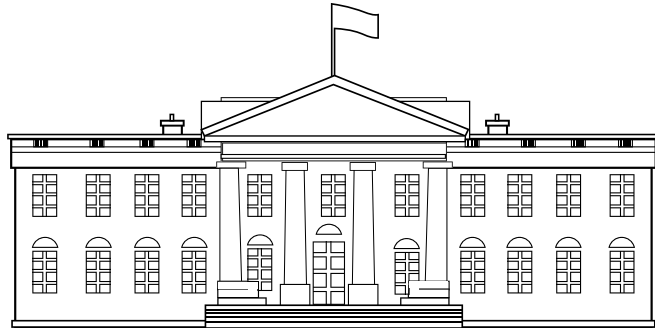
End here:



Start here:



Marcy is feeling scared to go to her new school.



What would SereniStar remind Marcy to think and do?

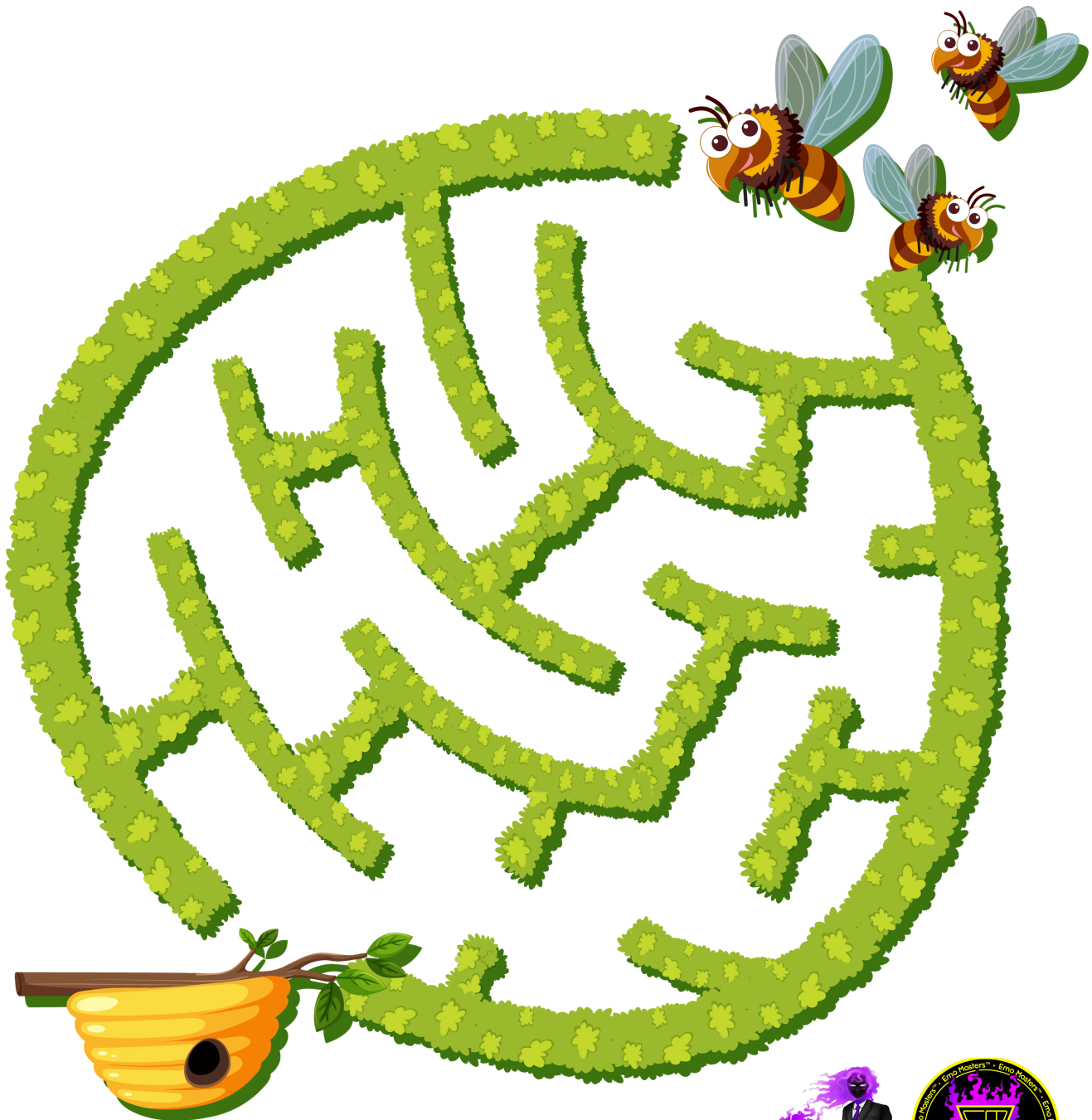


When you say or do something to make others feel good, you feel good too.



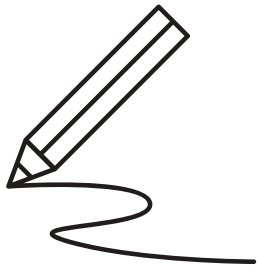
What did EMOTRESS remind Diego to say to Mark that left them both feeling so happy?

Help the bees get to their honey.



Together, the EMOMASTERS say:
"You're in charge of your feelings,
and you've got the tools to succeed!"





Draw yourself having a wonderful day in school.



What would MOTION want you to do to have a great day?

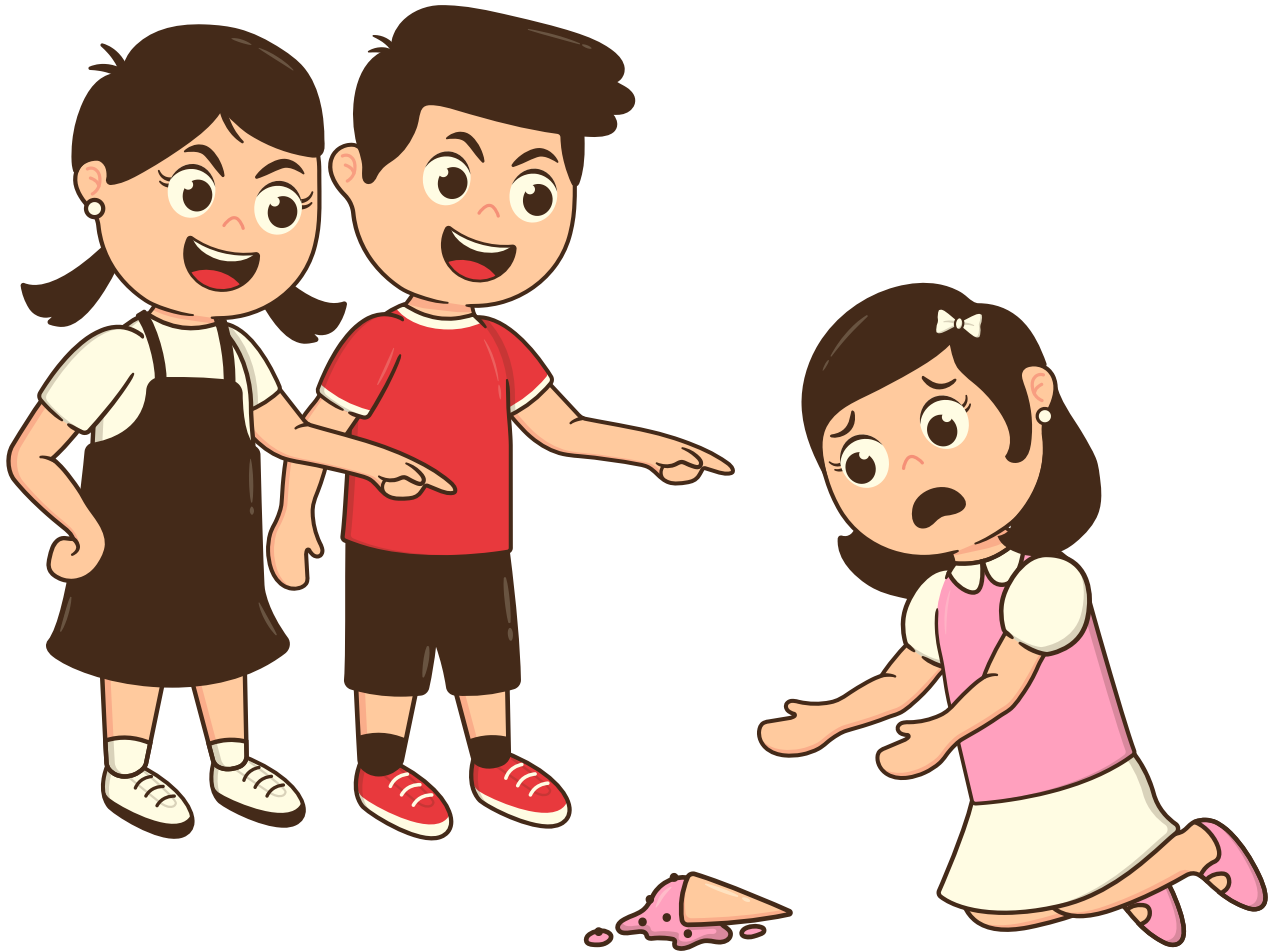
Ryan and Max are arguing about who's turn it is to play their video game next.



How would Calm Knight solve this problem?



It's NEVER good to tease someone when they have an accident or make a mistake.



What would Emotress do to solve this problem?

Anthony did not get enough sleep last night. He was playing video games too late. He doesn't know that doing well in school now is important for his future success and happiness.



What would Pulse do to solve this?

RESTORATION



REVIVING HOPE,
RESTORING STRENGTH!
PULSE

Sometimes feelings can feel really big.

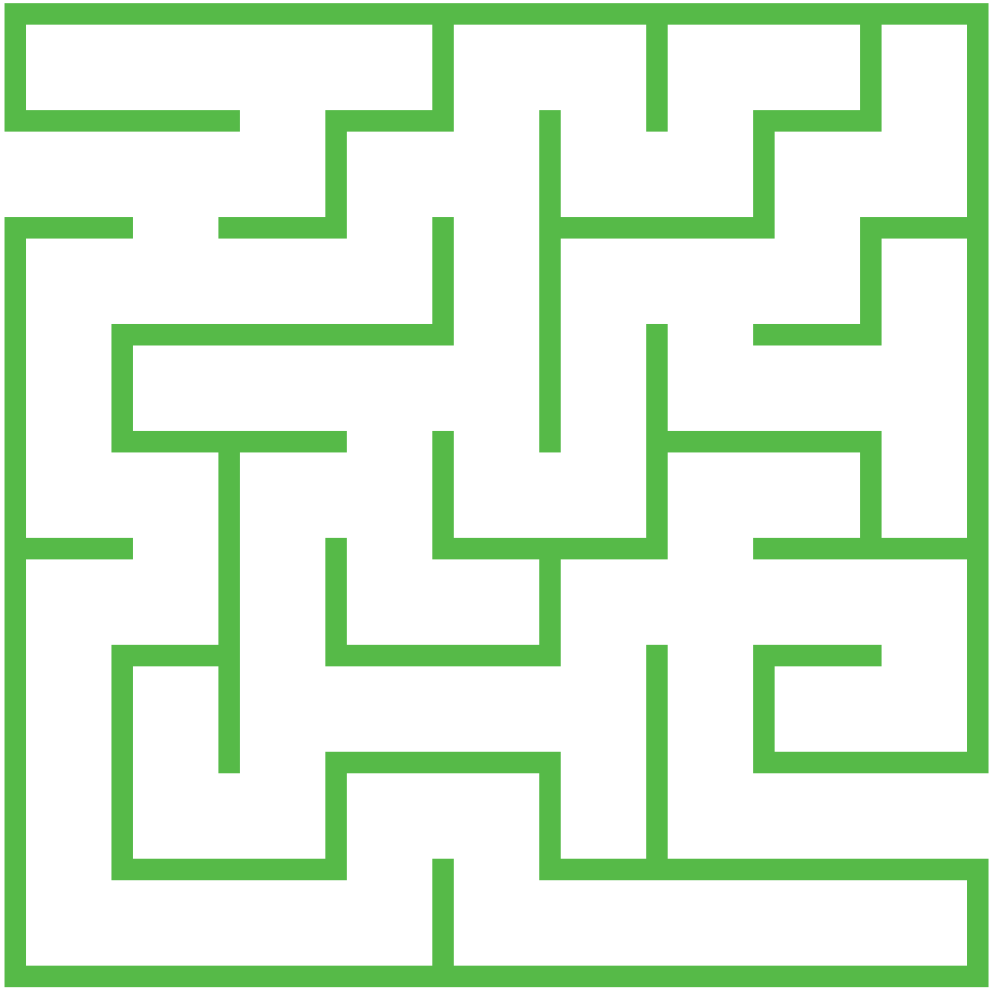


Remember, it's important to share your feelings with someone who cares.

Help Hector get through the maze to find his GOOD friends:



Start Here:



End Here:



Countdown to Calm



When you're feeling upset,
Take three slow deep breaths.



Then, count down, go slow.
From five to zero.



Then, feel your feet
on the floor.



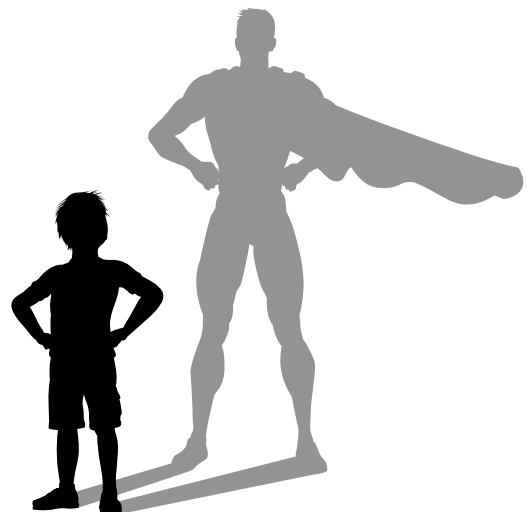
Now, CHOOSE what you want to
feel some more.



Peaceful and calm is now yours.



**Remember, YOU are
STRONGER than your
feelings.**



MY FAVORITE CHARACTER

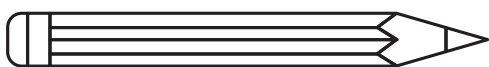


Draw it

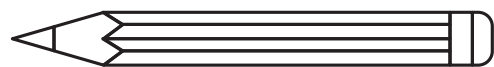
A large, empty rectangular box with a thin black border, intended for drawing a character. A small arrow points from the text 'Draw it' to the top-left corner of the box.

Trace it

My favorite EMOMASTERS character is...

A set of handwriting practice lines consisting of a solid top line, a dashed middle line, and a solid bottom line. Below this set is another identical set of lines.

↑
Write it



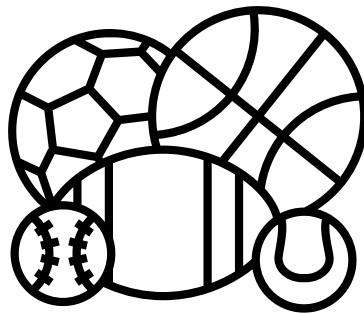


My Song

I want to write a song about feeling:



Or about:



My Song Template

1. Title: (What is your song about?)

Example: "My Happy Day")

2. Verse 1: (Write 2-4 sentences about your main idea. What happens first in your song?)

Example:

"I woke up to the sun, shining so bright,
Put on my shoes, feeling just right."

3. Chorus (The part you sing again and again):
(Make this fun and catchy! What's the most important message of your song?)

Example:

"Jump and play, hooray, hooray!
It's my happy, happy day!"

4. Verse 2:

(What happens next? Add more details about your story)

Example:

"I ran to the park, my friends were there,
We laughed and played, without a care."

5. Chorus (Repeat it!):

"Jump and play, hooray, hooray!
It's my happy, happy day!"

6. Bridge (Optional):

(A short, new idea to make the song exciting—
what's different here?)

Example:

"Even when the clouds come gray,
I'll still dance and shout hooray!"

7. Chorus (Repeat again for a big ending!):

"Jump and play, hooray, hooray!
It's my happy, happy day!"

8. The End:

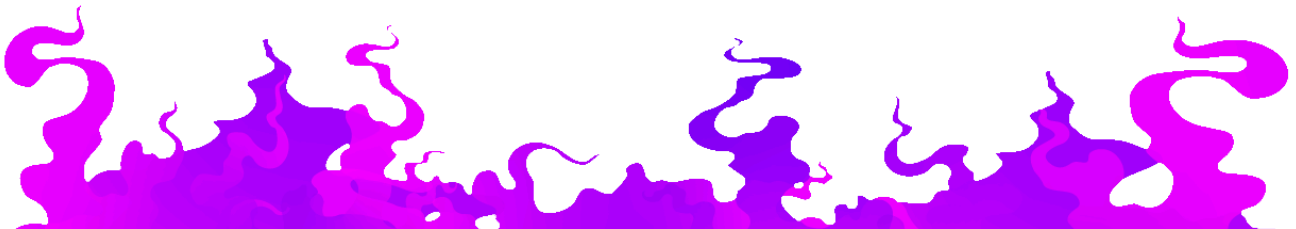
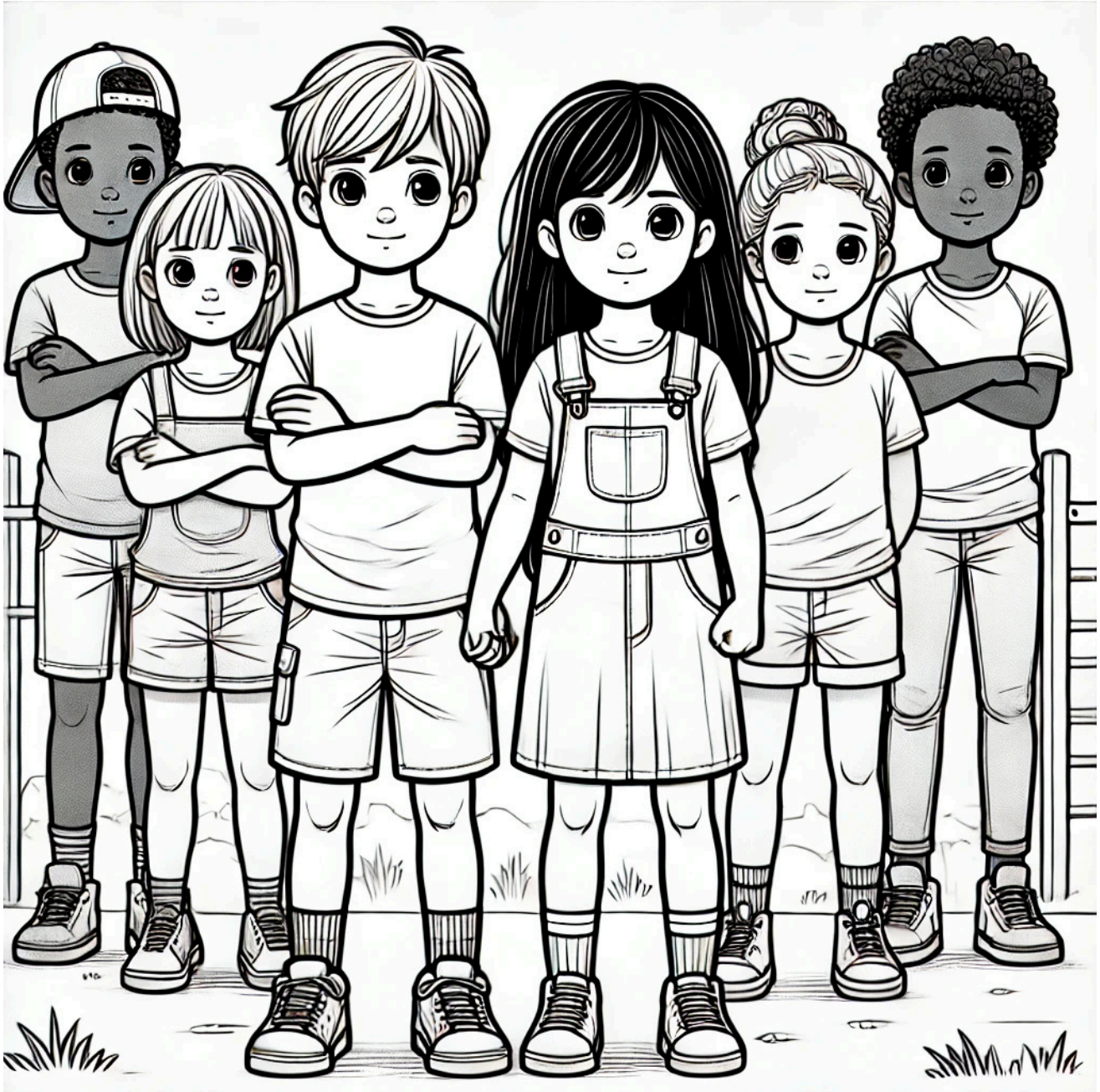
(Add a final thought or repeat the title as a fun
finish!)

Example:

"It's my happy, happy day!"

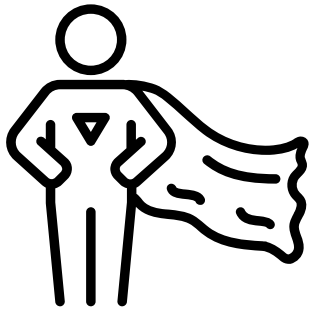
Encourage kids to hum or sing their lyrics while
writing to find a melody, and let them have fun
experimenting! 🎵

What if you remember that:
you are the BOSS of your feelings?.

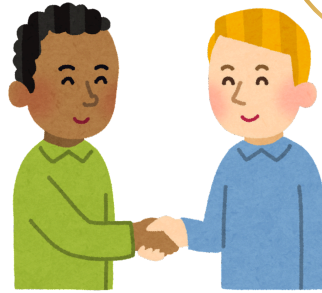


When you grow up, what kind of person do you want to be?

Circle it.



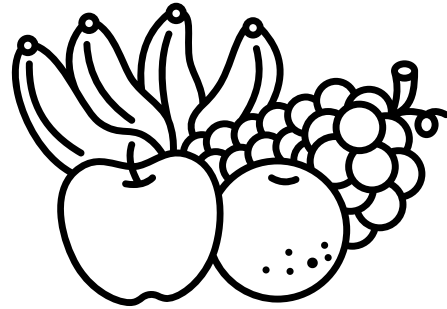
Brave



Kind



A good friend



Healthy

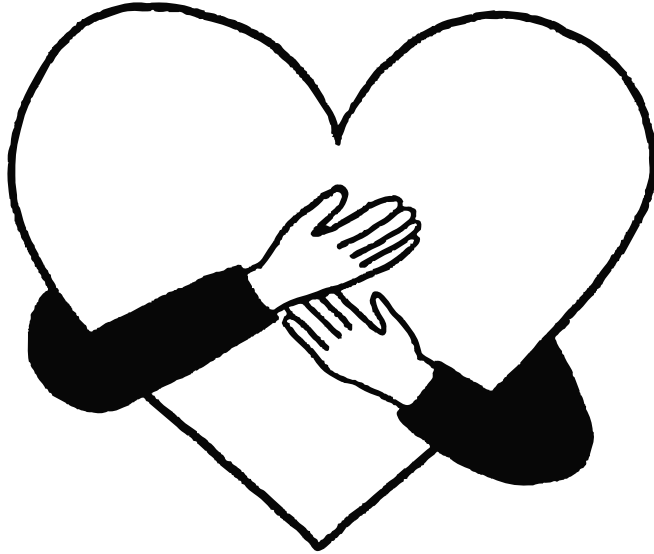


Helpful



Strong

Affirmations for You



Let's play a game that will make you a better person. Touch your heart and say:

- I have decided that whatever happens, I can handle it. And I'm glad.
- I choose to believe that I am stronger than my feelings.
- I care for myself a lot. YES! YES! YES!

Now, put on the song: **Power's Inside of You and Me** and sing & dance a little dance!