

**WOLF TRAP FOUNDATION FOR THE PERFORMING ARTS  
PRESENTS  
*FIELD TRIP FRIDAYS***

***I've Got a Feeling (Down in My Toes)!*  
Elias Schutzman, Wolf Trap Teaching Artist**

Sing along with Mr. Elias to explore different emotions and to learn how to share what you're feeling with friends and family!



## To Prepare for This Performance

- **Have everybody join!** This performance is highly interactive and will include something for everyone! We encourage you to share this experience with friends, family, and educators of all ages.
- **Find an open space.** You will experience opportunities for movement like dancing, moving your arms and jumping in place -- so if possible, join from a space that allows everyone to move freely.
- **Join at your own pace.** Don't worry if your child chooses not to participate in the whole experience, or is shy at first. They will likely be encouraged to join in if they see others participating.

## Song and Lyrics

### “I’ve Got a Feeling (Down in My Toes)!”

I’ve got a feeling, down in my toes.  
A happy feeling, nobody knows.

And if you’re feeling happy, then you should tell a friend  
Cuz’ we all sometimes...feel **happy**.

I’ve got a feeling, down in my tummy.  
A scared feeling, it isn’t funny.

And if you’re feeling scared, then you should tell a friend  
Cuz’ we all sometimes...feel **scared**.

I’ve got a feeling, down in my chest.  
An angry feeling, it’s not the best.

And if you’re feeling angry, then you should tell a friend  
Cuz’ we all sometimes...feel **angry**.

I’ve got a feeling, down in my eyes.  
A sad feeling, I wanna cry.

And if you’re feeling sad, then you should tell a friend  
Cuz’ we all sometimes...feel **sad**.

I’ve got a feeling, down in my heart.  
A lovin’ feeling, for everyone.

And if you’re feeling love, then you should tell the world  
Because everyone needs **love!**

## Books

Bang, Molly. *When Sophie's Feelings are Really, Really Hurt*. The Blue Sky Press, 2015.

Cain, Janan. *The Way I Feel*. Parenting Press, Inc, 2002.

Doerrfield, Cori. *The Rabbit Listened*. Dial Books, 2018.

Emberley, Ed and Anne Miranda. *Glad Monster, Sad Monster*. LB Kids, 1997.

Parr, Todd. *The Feelings Book*. LB Kids, 2005

## Artist Biography

**Elias Schutzman** has been a Wolf Trap Teaching Artist since 2016, as well as a roster artist with Young Audiences of Maryland (Wolf Trap's affiliate, Maryland Wolf Trap). As a musician, Elias is a founding member of international touring bands The Flying Eyes and Black Lung, releasing eight original albums since 2010. As an actor, he has worked with respected theatre companies such as Center Stage, Everyman Theatre, and most recently the Baltimore Rock Opera Society. A native of Baltimore, Elias attended the Baltimore School for the Arts and went on to receive a Bachelor of Arts in theatre from the University of Maryland, College Park.

*This program is made possible with support from*  
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