

# I Like the Way I Feel

Developed by Gary Lapow

*Food 'n Fun*

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## Objective/Goal:

This is an upbeat song that allows children to make assertive statements about what they do in their own lives to make their bodies healthy. It encompasses the concepts of exercise, getting enough sleep, and eating healthy foods.

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## Educational Impact:

- ✓ Creative expression
  - ✓ Similarities and differences
  - ✓ Representational thought
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## Suggestions for use with the *Songs for Singing and Learning* CDs:

- ✓ "I Like the Way I Feel"

## Procedure and Process:

Listen to "I Like the Way I Feel" on the CD, and then think about ways to make it your own. You can ask the children questions about what makes them feel good. Then, put the answers inside the following rap structure (no melody required). Remember to try to find movements for each idea, as well as simple movements for the chorus.

Verse:

*When I [fill in each child's answer], I like the way I feel [repeat two times]*

Chorus:

*I like the way, the way, the way it makes me feel [repeat two times]*

Children love to hear their words used in the verses! All answers from children are accepted and used in the song. You don't even need to find rhymes. Just repeating their statements, in rhythm, will give it the feel of a rap song.

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**I Like the Way I Feel**

*Yo, I want to get personal,  
I want to get next to you.  
I'll tell you what I like that makes me feel good,  
You tell me if you like it too.  
Do you like to be full of energy,  
And run for miles and miles?  
Do you like to flex your muscles,  
And have a dazzling smile?  
What makes you feel good about yourself?  
What makes you feel proud and strong?  
Don't walk, let's talk, yo, wait a minute—  
First we're gonna do this song!*

*I like the way, the way,  
The way it makes me feel.  
When I treat my body like a friend  
I like the way I feel.  
When I exercise and stretch and bend  
I like the way I feel.  
When I'm drinking milk,  
When I'm eating cheese  
I like the way I feel.  
When I give my body what it needs  
I like the way I feel.*

*Let me hear you say "you, you"  
Let me hear you say "me, me"  
Let me hear you say "strong, strong"  
As healthy as can be.*

*When I eat an apple, when I eat a pear  
I like the way I feel.  
It's good for my teeth, my skin, my hair  
I like the way I feel.*

*When I eat a rainbow of veggies and fruits*

*I like the way I feel.  
When I'm not afraid to try something new  
I like the way I feel.*

*Well that's the facts from front to back,  
You got to give yourself some credit.  
You want to feel good, that's understood,  
Dig it, don't forget it.*

*You want to be strong, and you want to live long, with nothing to be afraid of—  
So think about the food you put in your mouth,  
'cause that's what your body's made of.  
What you eat is what you are,  
That's the bottom line.  
I want to thank everybody for singing with me,  
Now sing it with me one more time!*

**Variation/Expansion:**

***Fruit and Vegetable Sorting List***

How about a discussion of what the children know about the differences between fruits and veggies? Ask them to name the different fruits or vegetables they are familiar with, and have them decide which category each one fits into. You can use your chalkboard or whiteboard to either write down the two lists or put up drawings or photos of each (with its name written underneath).

Here's a chant you can use when the children decide which category each item fits into:

***Lyrics***

*Fruit, fruit, let's root for the fruit! (2X)*

OR

*A veggie, a vegetable, it tastes so delectable. "Yum yum" motion over tummy*

***Movement***

Hands in air, cheering motion

Note: You should explain what the word "delectable" means.