



Drama & Feelings

Guide students in the activities below to explore and act out the Dr. Seuss poem through drama.

FREEZE: Guide students to shape their bodies as each of the characters and then have them freeze in their poses/shapes. What does the character look like? (Freeze). What does the character like to do? (Freeze). What's something funny that the character likes to do? (Freeze).

ACTION: Guide students to walk about the room as each of the characters. How does the character feel? How fast or slow does the character move? What is this character doing as he/she walks about?

STORY EXPLORATION: Narrate parts of the story, guiding the students to act out the moments as you tell them. Explore different parts of the story more than once each time, encouraging the students to try new ways of showing the action.

MY MANY COLORED DAYS By Dr. Seuss

Some days are yellow.
Some are blue.

On different days
I'm *different* too!

You'd be surprised how many ways
I change on *different* colored days.

On bright red days how good it feels to be
a horse
And kick my heels!

On other days I'm other things.
On bright blue days
I flap my wings.

Some days, of course,
Feel sort of brown,
Then I feel slow and low,
Low
Down.

Then comes a yellow day.
And I am a busy, buzzy bee.

Gray day...everything is gray.

I watch. But nothing moves today.

Then all of a sudden
I'm a circus seal!
On my orange days, that's how I feel.

Green days. Deep, deep in the sea.
Cool and quiet fish, that's me.

On purple days I'm sad.
I groan. I drag my tail.
I walk alone.

But when my days are happy pink,
It's great to jump
And just not to think.

Then come my black days
Mad and loud. I howl,
I growl at every cloud.

Then comes a mixed up day
And what! I don't know who
Or what I am.

But it all turns out all right, you see.
And I go back to being me.