

If You're Happy and You Know It

Sing the song and act out the emotions in the song. Once the child is familiar with the song, pause at the end of the phrase and see if your child will use a word, facial expression, or action to keep the song going!

If you're happy and you know it clap your hands,
If you're happy and you know it clap your hands,
If you're happy and you know it and you really want to show it,
If you're happy and you know it clap your hands.

Continue the song for the following emotions and actions:



Sad – Cry “boo hoo!”
Angry – Stomp your feet
Scared – Hide your eyes “oh no!”
Tired – Give a “yawn.”
Excited – Shout “hooray!”



Ideas to extend the activity:

Have the children tell you how they feel and sing the song for the emotion they name. Picture of each emotion may help children communicate. Add new emotions to the song (e.g., bored, sick, etc.).

Have the children come up with alternate actions or things they could do when they feel a certain way. For example, sad – ask for a hug, happy – smile at a friend, scared – ask for help, angry – take a deep breath, get a drink, tired – go to bed, take a nap.

Use a mirror to have children copy each other's faces.

Look in the Mirror

Use a mirror while you sing this song and make faces or copy the faces your child makes in the mirror.

(To the tune of “Twinkle, Twinkle”)

I look in the mirror and what do I see?
I see a happy face looking at me.
I look in the mirror and what do I see?
A surprised face looking at me.

Make up other verses as you make additional faces.



How Are You?

(To the tune of “Are You Sleeping?”)

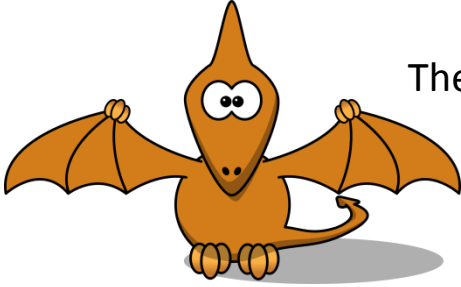
How are you, how are you?
You feel ____ (happy/mad/sad)
You feel ____,
I feel ____ too!

Additional Verses: Have the child make different faces and try to guess their different emotions.

All Around the Swamp

(To the tune of “The Wheels on the Bus”)

The Pterandon’s wings went flap, flap, flap,
Flap, flap, flap, flap, flap, flap,
The Pterandon’s wings went flap, flap, flap,
All around the swamp.



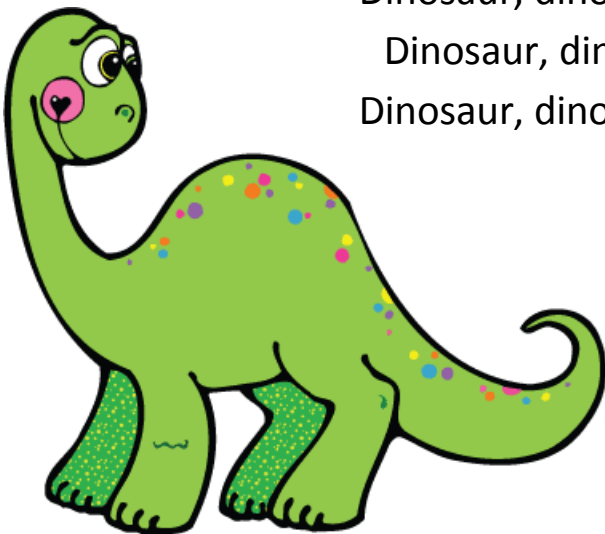
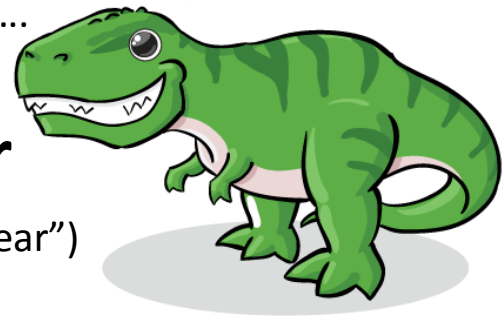
Additional Verses:

The Tyrannosaurus Rex went grr, grr, grrr...
The Triceratops’ horns went poke, poke, poke...
The Brontosaurus went stomp, stomp, stomp...
The Stegosaurus went munch, munch, munch...
All the dinosaurs went zzz, zzz, zzz....

Dinosaur, Dinosaur

(To the tune of “Teddy Bear, Teddy Bear”)

Dinosaur, dinosaur, turn around,
Dinosaur, dinosaur, stomp the ground,
Dinosaur, dinosaur, show your claws
Dinosaur, dinosaur, snap your jaws,
Dinosaur, dinosaur, give a ROAR,
Dinosaur, dinosaur, sit on the floor!



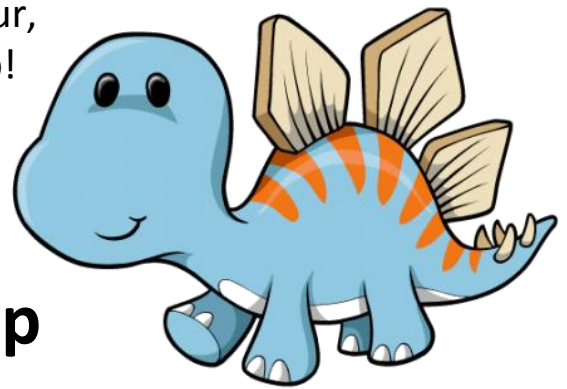
The Little Baby Dinosaur

To the tune of "The Itsy Bitsy Spider"



The little baby dinosaur,
Climbed up to the top,
Of a volcano,
That was ready to pop,

Out came the lava,
It was very, very hot,
And the little baby dinosaur,
Ran home without a stop!



Dinosaur Stomp

Dinosaurs have great big feet that stomp, stomp, stomp.
Dinosaurs have great big teeth that chomp, chomp, chomp.



Stomp, stomp, stomp, and chomp, chomp, chomp.
Stomp, stomp, stomp, and chomp, chomp, chomp.

Stomp-a-saurus, stomp, stomp.
Chomp-a-saurus, chomp, chomp.
I'm-a-saurus, stomp, stomp.
You're-a-saurus, chomp, chomp.

Second Verse:

Dinosaurs have great big claws that crunch, crunch, crunch,
Dinosaurs have great big jaws that munch, munch, munch...