

Sing, “If You’re Happy and You Know It”

Outcome: This activity helps children recognize their own and others’ emotions and feelings, enhances back and forth language and communication and increases leadership ability. It is also good practice for understanding turn-taking.

Materials Needed: You! **Optional Extension Materials:** Paper and popsicle sticks.

How:

Engage your child or children in this song to explore emotions through singing.

- **Start the song by singing,**
“If you’re happy and you know it, clap your hands.” (Clap your hands twice).
“If you’re happy and you know it, clap your hands.” (Clap your hands twice).
“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.” (Clap your hands twice).
- **Invite your child or children to take turns choosing the emotions and actions then implement them into the song.** For example, If the emotion is anger, the action could be stomping your feet. You would sing: “If you’re angry and you know it, stomp your feet.” (Stomp twice).

Extension:

Cut out circles and attach them to popsicle sticks.

Draw emotions on the circles: angry, happy, sad, scared, excited, etc. (you can also write the word at the bottom).

Use the cutouts to invite the child or children to talk about emotions.