



If You're Feeling...

Sing the traditional "If You're Happy and You Know It" song, but insert different emotions, expressions and actions to match.

Some examples include:

- ◆ "If you're happy and you know it, give a smile"
- ◆ "If you're sad and you know it, say 'boohoo'" (in a crying voice with a sad face)
- ◆ "If you're angry and you know it, growl like a bear"
- ◆ "If you're scared and you know it, say "oh my!"

More Support: Sing with exaggerated expressions. If children are sitting in your lap, or close by, help them with the motions to the song.

Prompt Children to Label their Emotions

"Oh, that is a very sad face you are making."

"What kind of face would you make if you were feeling scared?"