



## 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?"