

Feeling Songs

Materials: None

Objective: To teach children the vocabulary and activities to express their emotions and feelings appropriately.

Procedure: Make up verses to the traditional song
“When You’re **Happy** and you Know it”
Smile at someone
“When You’re **Sad** and You Know It”
Find a quiet space
Say “I’m Sad”
Blow bubbles
“When You’re **Mad** and You Know It”
Bang a drum
Pound on playdoh
Say “I’m Mad”
Blow out air
Roar like a lion

Observation: The children seemed to enjoy singing and acting out the songs. The songs were easy for the children to remember because of the repetitive verses.

Recommendations: Take pictures of the children acting out the different Emotions and make a classroom *Feelings Book*