



Emotion Songs

Sing different songs about emotions, such as “If You’re Happy and You Know It.” Change the words to cover different emotions and as you sing point out ways to recognize that emotion.

For example:

“If you are sad and you know it, do a frown”

“If you are angry and you know it, clench your fist”

“If you are happy and you know it, smile real big!”

Prompt Children to Label Their Emotions

Recognize and Describe Emotions:

“We sang about being angry. When was a time you were angry? How did it feel? How did your body look?”

“Next, we are going to sing about worried, what might that look like? I see some of you are making your shoulders tight and eyebrows raise like this.”