



### Recommended Books:

*Glad Monster, Sad Monster* by Ed Emberley  
*Grumpy Bird* by Jeremy Tankard  
*My Heart Fills with Happiness* by Monique Gray Smith & Julie Flett  
*I Feel Happy & Sad & Angry & Glad* by Mary Murphy  
*If You're Happy and You Know It!* by Jane Cabrera  
*Llama Llama Mad at Mama* by Anna Dewdney  
*Happy Right Now* by Julie Berry & Holly Hatam  
*When Sadness is at Your Door* by Eva Eland  
*I'm Worried* by Michael Ian Black & Debbie Ridpath Ohi  
*Big Boys Cry* by Jonty Howley  
*Ruby Finds a Worry* by Tom Percival  
*My Friend is Sad* by Mo Willems  
*Tough Guys Have Feelings, Too* by Keith Negley  
*Crankenstein* by Samantha Berger & Dan Santat

### Activity:

Learn the sign language signs for different emotions.  
Visit <https://www.signingsavvy.com/> to find out more.

### Songs:

#### **If You're Happy & You Know It**

*(From PreschoolExpress)*

If you're happy and you know it clap your hands.  
If you're happy and you know it, clap your hands.  
If you're happy and you know it,  
then your face with surely show it.  
If you're happy and you know it, clap your hands.

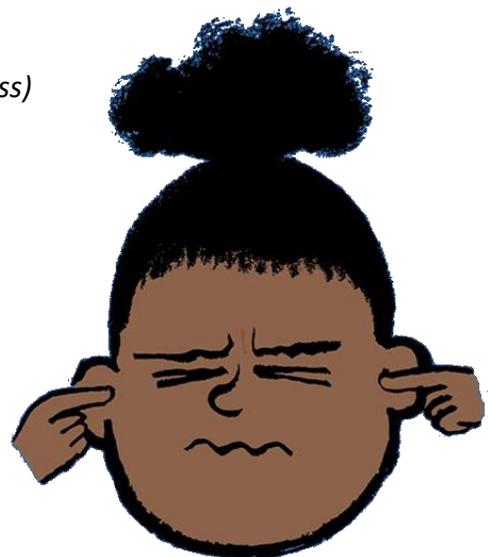
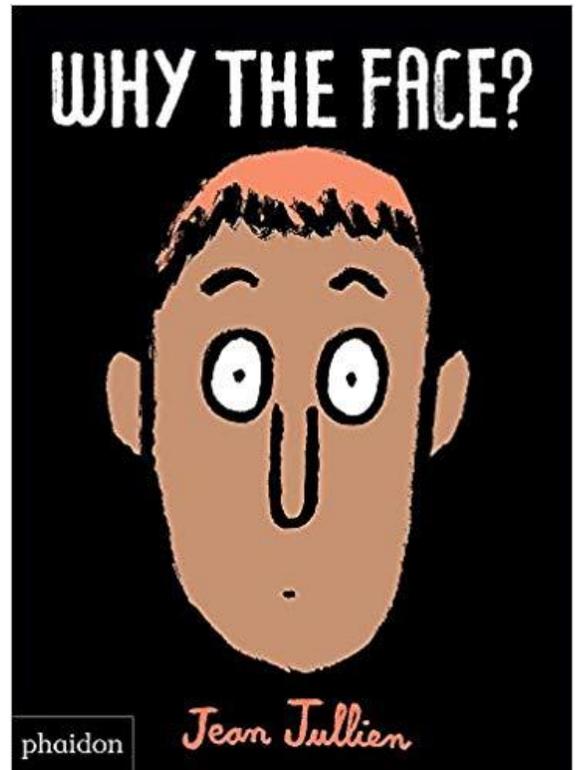
*(If you're surprised and you know it, say "Oh my!" / If you're angry and you know it, stomp your feet)*

#### **Feelings**

*(Sung to "Twinkle, Twinkle Little Star" – From PreschoolExpress)*

I have feelings, so do you.  
Let's all sing about a few.  
We get happy, we get sad.  
We get scared, we get mad.  
I am proud of being me  
That's a feeling, too, you see.  
I have feelings, so do you.  
We just sang about a few.

## **Why the Face?** by Jean Jullien



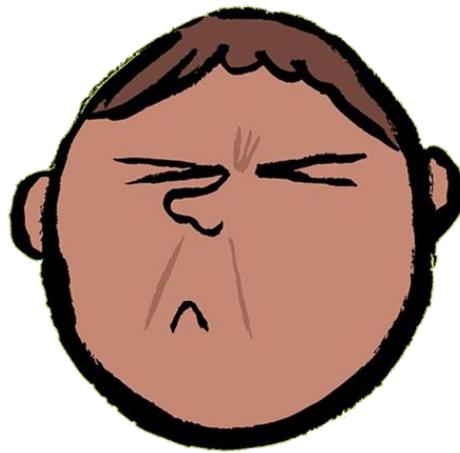
### Shake Your Sillies Out

*(From Raffi)*

We're gonna shake, shake, shake our sillies out,  
Shake, shake, shake our sillies out,

Shake, shake, shake our sillies out,  
And wiggle our waggles away.

*(Clap our kookies out; jump our jiggles out)*



### The More We Get Together

The more we get together, together, together,  
The more we get together, the happier we'll be.

'Cause your friends are my friends, and my friends are your friends.

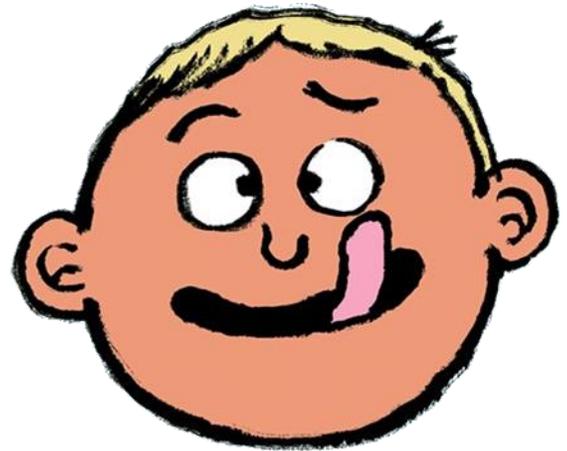
The more we get together, The happier we'll be.  
Oh, the more we get together, together, together,  
The more we get together, The happier we'll be.

### Fingerplays and Action Rhymes:

#### I Have a Little Heart

*(From Jbrary)*

I have a little heart *(place hand over heart)*  
And it goes thump, thump, thump *(pat chest three times)*  
It keeps right on beating,  
When I jump, jump, jump *(jump three times)*  
I get a special feeling, when I look at you. *(point to child)*  
It makes me want to give you a hug or two. *(hug yourself)*



#### I Put My Hands Together

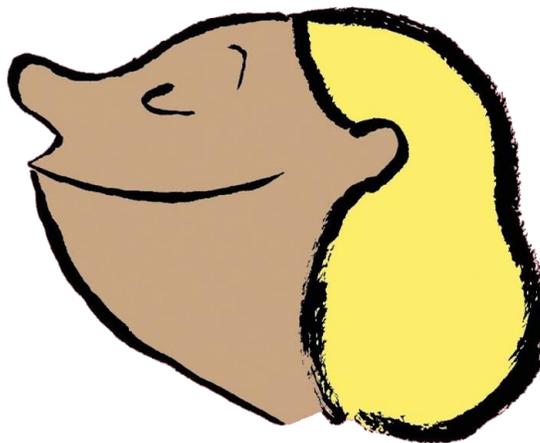
*(From Storytime Katie)*

I put my hands together,  
This is how I start  
I curve my fingers right around,  
And I can make a heart!

#### Who Feels Happy Today?

*(From Early Childhood Leadership)*

Who feels happy today?  
All who do, snap your fingers this way.  
Who feels happy today?  
All who do, clap your hands this way.  
Who feels happy today?  
All who do, wink your eyes this way.  
Who feels happy today?  
All who do, fold your hands this way.



**Craft:**

**Feelings Playdough Mat** (<https://www.pre-kpages.com/making-faces-play-dough-activity/> and <https://picklebums.com/people-play-dough-mats/>)

Materials:

- Printables (laminated if possible)
- Playdough
- Mirrors (optional)
- Googly eyes (optional)

Directions:

1. Give each child a printable
2. Prompt them to make a face using playdough
3. Give feelings suggestions
4. Ask questions about the faces everyone makes

