

Mission:

49. If You're Happy

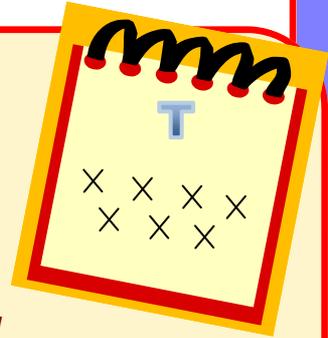
ORGANIZATION:

Music: 5.If You're Happy and You Know It

Materials: Music, pictures with emotions (optional)

Books: *When Sophie Gets Angry-Really, Really Angry* by Molly Bang; *The Way I Feel* by Janan Cain; *Today I Feel Silly: And Other Moods That Make My Day* by Jamie Lee Curtis

Set up: Children will be standing on their carpet spots on the large group carpet with enough room to move around on their spot.



This version of the song adds a variety of feelings and actions:

If you're happy and you know it, skip and smile,

If you're happy and you know it, skip and smile,

If you're happy and you know, then your face will surely show it,

If you're happy and you know it, skip and smile!

Other versions:

If you're sad and you know it, swing your head.

If you're mad and you know it, stomp your feet.

If you're silly and you know it, shake all over.

If you're scared and you know it, bend your knees.

If you're quiet and you know it, tip toe tip.

If you're proud and you know it, march your feet.

If you're shy and you know it, hide your eyes.



VARIATIONS:

Children are asked to name an emotion they think of and show the group how they move when feeling that emotion.

EXTRA TIPS:

This activity could be done in the gym, outside, or in the classroom.