



BOOK: If You Are Happy And You Know It

Before Reading:

1. Read the book to yourself before reading to your child.
2. Choose a place to read that is well lit and cozy.
3. Ask your child, “Do you want to read what you can do when you are feeling happy?”



During Reading:

1. This book lends itself to singing the words, so sing them!
2. Read, or sing, the book for the first time sitting with your child and point out the actions that the animals are doing.
3. After the first read, ask your child if they want you to read it again and they can move like the animals!

After Reading:

Gross Motor: Act out the actions in the story with your child! Clap your hands, stomp your feet, and shout “Hurray!!” If you have an infant, you can still act out the actions by moving your baby’s body parts for them!

Social-Emotional: Talk about other feelings your child might have; what they might do to express those feelings; and, then make them into a song! If you’re sad and you know it have a cry “wah, wah!” If you’re mad and you know it shake your fists, “shake, shake”. If you’re scared and you know it run away, “run, run!”

Creative Art/Social-Emotional: Use small paper plates to make feelings faces. Help your child draw a smiley face, a sad face, an angry face, a scared face, etc. Put them in a folder or box and when your child is experiencing an emotion and they are having trouble using their words, pull out the paper faces and ask your child to choose the one they are feeling. Then you can talk about how to express their feelings in an appropriate way.

Feelings Book: Children love to see things they can relate to. Take photos on your phone of family members and friends making different feelings faces—happy, sad, mad, etc. You can simply scroll through these photos with your child or have them printed, put each photo in a sandwich bag, and staple or tie the bags together. Whichever way you create your book, talk to your child about the feelings their friends and family are showing and what might have made them feel that way!