



What Am I Feeling? (🌈 An Emotional Health Story)
(Kindergarten – 5-6 yrs.)
Song: If You're Happy



STORY CONNECTION-SLIDE 17 (Approx Time: 10-15 mins)

Understanding your own emotions – or why you are feeling a certain way – is important. It is also important to understand what other people are feeling. While we cannot be happy all the time, trying to be more positive in how we are feeling will help us to see the good things that are in the world. Understanding what you are feeling will make your brain healthy. And we all know that helping your brain stay healthy is SPECTacular.

Materials needed:

- Song lyrics provided below

Preparation needed:

- Determine a physical action (motion) for each emotion (happy, mad, surprised, sad, silly, and scared)
- Have the lyrics prepared to display for the whole group (screen/board/chart paper).

Instructions:

1. This story was all about feelings and emotions. This song gives student(s) the opportunity to review these emotions while doing physical actions to help them remember them.
2. Start by having each student stand.
3. Share that they will be learning the song, If You're Happy and You Know It. Many children might have heard or sung this song before, but not all the emotions and actions.
4. Demonstrate the motion for an emotion. Have the student(s) also do that motion.
For example: The motion for sad could be pretending to cry and wiping tears away.
5. Repeat this for each emotion that will be covered in the song: happy, mad, surprised, sad, silly, and scared.
6. Display the song lyrics.
7. Model the song using the actions for the student(s) and have them mimic and/or sing along as they feel comfortable.
8. Sing repeated times.
9. As an extension, have the student(s) change the actions that go with the emotions or add additional emotions and actions to the song.
10. In closing, review the story connections that understanding your own emotions – or why you are feeling a certain way – is important. It is also important to understand what other people are feeling. While we cannot be happy all the time, trying to be more positive in how we are feeling will help us to see the good things that are in the world. Understanding what you are feeling will make your brain healthy. And we all know that helping your brain stay healthy is SPECTacular

If You're Happy and You Know It
Adaptation from Original by Author Unknown

If you're happy and you know it, show a smile.

If you're happy and you know it, show a smile.

If you're happy and you know it, and you really want to show
it,

If you're happy and you know it, show a smile.

Continue with additional verses for other emotions:

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

If you're surprised and you know it, say "OH MY."

If you're sad and you know it, cry BOO-HOO.

If you're silly and you know it, make a face.

If you're scared and you know it, shiver and shake.

Finish the song with: If you're happy and you know it, shout
HURRAY!