



IF YOU'RE HAPPY AND YOU KNOW IT



Skills Targeted

- ✿ Teaches emotions and introduces appropriate solutions to dealing with negative emotions
- ✿ Encourages movement of the whole body

Dialogic Questions

- ✿ What makes you happy?
- ✿ What can you do if you're feeling mad?
- ✿ What do you say if you accidentally hurt someone?



Activities

- ✿ Follow-the-leader: take turns saying "If you're happy and you know it..." and choosing a new action for everyone to copy!
- ✿ Emotions game: sing the song choosing and acting out different emotions (ex. "If you're angry and you know it, go 'grrrrr!'")