Social and Emotional Development
Activity for 48 to 54 Months

If You’re Happy and You Know It...

Materials:
• None

What to do:

• Sing the popular song, “If You’re Happy and You Know It,” but add new verses to introduce new feeling words to the child.

If you’re happy and you know it, hug a friend.
If you’re sad and you know it, cry a tear — “boo-hoo.”
If you’re mad and you know it, use your word, “I’m mad.”
If you’re scared and you know it, get some help, “HEEELLLLPPP!”
If you’re silly and you know it, make a face, “BBBBUUUUHHHH!”