



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, "BBLLLLUUUUHHHH!"***

