



Comfort Play & Teach



Activity

If You're Happy and You Know It

Singing a song together is a fun way to explore feelings, and learn words, facial expressions and actions that can describe the different emotions your toddler experiences. This **Comfort, Play & Teach** activity is a way for you and your toddler to enjoy the song and actions together!

How to Do this Activity:

With each repetition, substitute different feelings and actions (e.g. If you're angry/stamp your feet; If you're sad/say "Boo Hoo!")

Comfort

- Singing this song encourages your toddler to name and express different feelings. This helps her to understand and communicate her own emotions and also to begin to understand and care about those of others.

Play

- Role-playing feelings using different actions allows your toddler to explore emotions in a way that is both imaginative and safe. By clapping, stamping or covering his face, he can express himself in ways other than speaking.

Teach

- As children talk and sing about different emotions, they build their vocabularies and become more able to use words like *happy*, *sad*, *mad*, *scared* and *excited*. This helps them to label their own feelings, and to be more able to recognize and label other people's feelings.

You Will Need the Following Song:

If you're happy and you know it, clap
your hands!
If you're happy and you know it, clap
your hands!
If you're happy and you know it,
And you really want to show it,
If you're happy and you know it, clap
your hands!

You are your child's FAVORITE TOY!