

CHILDREN'S HOME SOCIETY OF CALIFORNIA

Family Child Care Home Education Network (FCCHEN)
Parent and Provider Resource: Activities for Distance Learning

Emotional Literacy and Self-Regulation

The following activity will support your child's learning while they are at home. Talk to your child and ask questions as you play. As your child listens to you, your child builds language and social skills, further reinforcing the concepts you are teaching. Match activities to your child's favorite books, songs, or toys to make them more meaningful learning experiences. Visit our website at www.chs-ca.org and click on the News and Events tab for more learning resources.

TODDLERS - Activity: If You're Happy and You Know It

What you need:

- Your voice
- A space for dancing
- Song melody available at <https://youtu.be/a3WUghQDbiw>



What to do:

- Chant or sing the lyrics to the following adaptation of the song *If You're Happy and You Know It*. If you are not familiar with the song, you can listen to the melody at <https://youtu.be/a3WUghQDbiw>
- Add gestures to the song while you sing so that children can connect vocabulary to actions
- *If you're happy and you know it clap your hands (clap, clap). If you're happy and you know it clap your hands (clap, clap). If you're happy and you know it then your face will surely show it (point to your smile), if you're happy and you know it clap your hands (clap, clap)*
- *If you're angry and you know it stomp your feet (stomp, stomp). If you're angry and you know it stomp your feet (stomp, stomp). If you're angry and you know it then your face will surely show it (Point to your frown), if you're angry and you know it stomp your feet (stomp, stomp)*
- *If you're sad and you know it cry your tears (pretend to cry). If you're sad and you know it cry your tears (pretend to cry). If you're sad and you know it then your face will surely show it (make a sad face and point to it), if you're sad and you know it cry your tears (pretend to cry)*
- What other emotions can you sing about?

What the activity does:

- Introduces and practices vocabulary about emotions (happy, angry, sad)
- Teaches strategies for expressing emotions
- Develops motor skills through physical activity
- Builds cognitive skills by practicing a song pattern



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