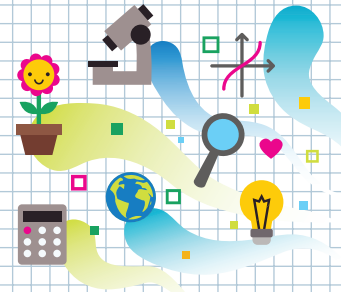




# HEADS IN, HEARTS IN

## The Feelings Song

### Instructions for Set-Up

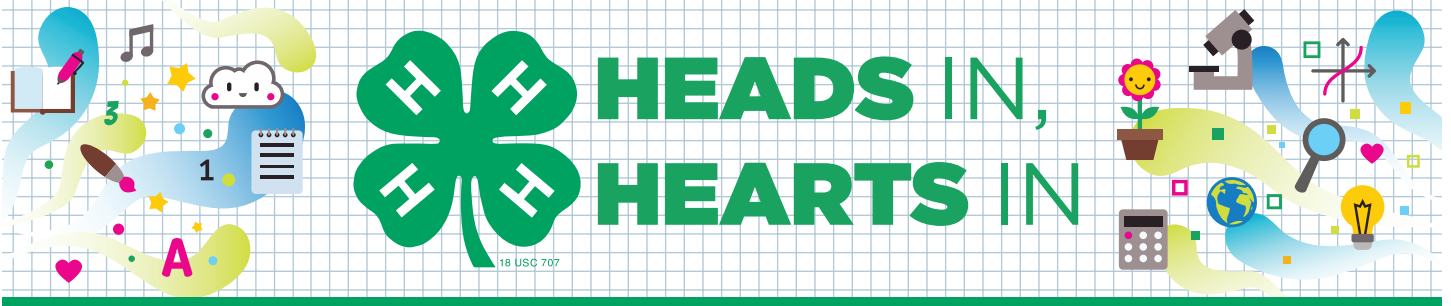


### Supplies

- “Guide for Families” handout
- Clear plastic standup display (optional)
- Musical instruments (optional)
- “The Feelings Song” handout
- Display table

### Activity Preparation

- ▶ Purchase or locate items on supply list.
- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ Print out “The Feelings Song” handout.



# The Feelings Song

## Guide for Families

### Learning Objectives

#### What you need to know:

Social emotional health is a critical component of healthy development for young children. Social emotional development includes the ability to identify and label or name emotions, and find appropriate ways to express or manage those emotions. For young children, strong emotions can be overwhelming. Since they do not have the skills to handle them, they might act out, get clingy or withdraw. You can help them manage their emotions by giving them permission to feel the way they do, helping to identify how they feel, supporting them and teaching them emotion regulation strategies. You can teach them multiple ways to feel calm and then let them decide which technique they want to try.

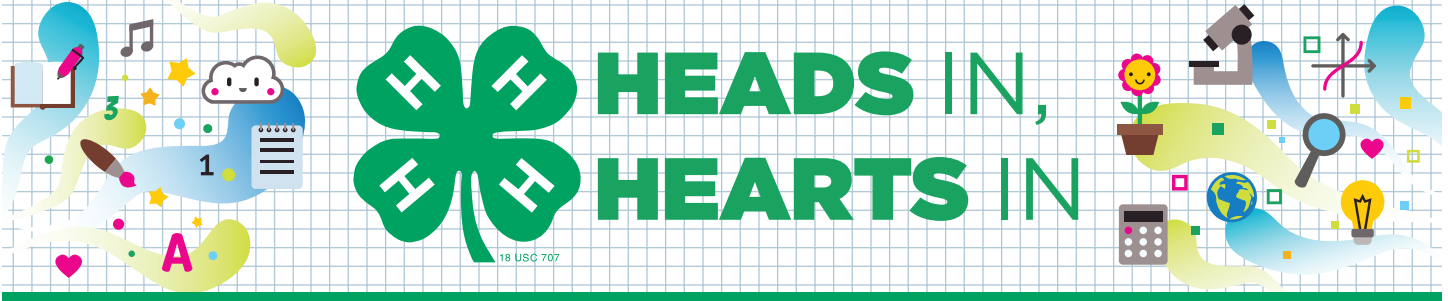
**Emotional literacy**, an important life skill, refers to the ability to understand, identify and respond to your own emotions as well as the emotions of other people. Helping children learn to identify and label different emotions will help them build up their emotional literacy.

#### What you will do and learn:

In this activity, you will teach the child a song about feelings. While singing the song, they will practice naming emotions and talk about some strategies for managing those emotions or ways to calm down. You can sing this song with the child whenever they feel a big emotion or if they need help finding ways to calm down when upset.

### Instructions

1. Tell the child that you will be learning a new song.
2. Sing “The Feelings Song” to the child, showing them the motions for each verse of the song.
3. Sing the song several times with the child, encouraging them to sing along with you.
4. Sing the song with the child periodically, and remind them that when they feel strong emotions, there is always something they can do to help themselves feel better.



# The Feelings Song

## The Feelings Song Handout

**Sing to the tune of “If You’re Happy and You Know It.”**

If you’re angry and you know it take deep breaths. Deep breaths! (Take a deep breath.)

If you’re scared and you know it, cuddle close. Nice and close! (Hug the child close.)

If you’re frustrated and you know it ask for help. Please help! (Reach your hands out as if asking for help.)

If you’re happy and you know it, smile big. Real big! (Smile.)