

If You're Angry and You Know It

Primary Objectives

1a. Manages feelings

Why It's Important

Providing fun ways for your child to talk about feelings when he is not in the moment of experiencing an intense emotion is a great way to help him recognize, name, and learn appropriate strategies for managing these feelings in the future.

Materials

Poster with lyrics to "If You're Happy and You Know It"

What You Do

1. Tell your child that you are going to sing a song about feelings. Introduce the feelings that will be in the song, and invite him to make faces that express those feelings. Model the faces to demonstrate. *This song is about when we're angry. Can you make an angry face? This is my angry face. This song is also about being happy. Can you make a happy face with me?*
2. Sing the song and invite your child to join in singing, performing the actions, and making the feeling faces.
3. Invite your child to think of new feelings, actions, and facial expressions to add to the song. *You would like to sing about feeling worried? What would your worried face look like?*
4. Sing the song for as long as your child is interested.