



A Little Song for Feelings

Sing about happy, sad, and angry feelings with a matching movement.

Helps Your Child Grow



Emotional Functioning

Pairing familiar feeling words with repeated facial expressions and movements gives your baby practice recognizing and expressing different emotions.

Steps

- Sing adapted lines to the tune of If You're Happy and You Know It: clap twice for happy, pretend to wipe tears for sad, and stomp for angry.
- Sing and demonstrate each movement with a clear facial expression to catch your baby's attention.
- Repeat the same words and actions and invite your baby to clap or move with you.
- If your baby does not respond yet, guide their hands through a clap and say, "Let's clap together." When a real feeling appears, sing the matching line and respond to the movement you see.
- As the song becomes familiar, sing less and use the movement alone as a cue for your baby to express the feeling.

Tips

- Bring the song into everyday moments. When your baby smiles, say, "Happy - clap, clap," and pair the familiar action with the feeling you observe.

Observations

- ☐ Claps during the happy verse
- ☐ Joins the song with one of the matching movements