

Happy and You Know It

Grade Level: Pre-K - 1

Content Areas: Music, Art, Technology, and Language Arts

Time Frame: 30 to 45 minutes

MATERIALS

Happy and You Know It Book

Green Construction Paper Circles

Red Construction Paper Circles

Popsicle Sticks

Black Markers

Glue

OBJECTIVES

Students will:

- Learn different emotions
- Show understanding of emotions by reacting to events

VOCABULARY:

Key vocabulary

Before reading, focus on vocabulary. Read the glossary words and their definitions.

Clap - To hit your hands together to show that you have enjoyed something or to get someone's attention

Emotion - A strong feeling; people have and show emotions such as happiness, sadness, fear, anger, and jealousy.

Stomp - To bang your feet down

Stretch - To make something bigger or longer

FREE SONG

[Click here](#) to download or stream the *Happy and You Know It* song.

Find other Cantata Learning songs and books at <http://www.cantatalearning.com>.



PROCEDURES/ACTIVITIES

Preparation:

Start this lesson by asking students what they think emotions are. Explain that emotions are the way we feel. Ask the students to brainstorm some emotions they may feel. Write the brainstormed list on the board and talk with students about what each emotion means.

Lesson Procedure:

1. Read *Happy and You Know It* and have student sing and do the moves along with the book.
2. After you have read the book ask students what emotions they felt while reading, singing and moving around with the book.
3. Ask students to show you what a happy person looks like. Have students show you a smile.
4. Then ask the students to show you what a sad person looks like. Have students show you a frown.
5. Tell students that they are going to be making emotion signs to better understand emotions and their meanings.
6. Give each child a green construction paper circle. Have them use a black marker to draw a smiley face.
7. Then give them a red construction paper circle, and have them draw a sad face with the marker.
8. Give each student a Popsicle stick and have them glue the circles back to back with the stick between them.
9. Now it is time to show how students feel in different situations. Give students several examples, and have them hold up the happy face or the sad face.
10. A few examples include:
 - Your dog runs away from home
 - It's your birthday
 - You learned a new trick or skill
 - You fell down and someone laughed at you
 - Someone stole your favorite toy
 - Your friend comes over to play
11. End this lesson by having students come together again and singing and dancing along to *Happy and You Know It*.

Art Extension:

For an art extension, have students create paintings using their hands and feet, if you are feeling adventurous. Encourage them to think about all the things they can make from their hands and fingers. To make it not so messy, have the students create with their thumbprints and a little ink pad.



Technology Extension:

Students will use [TuxPaint](#) (on a computer or app) to draw with their hands and fingers like they were in the paintings. They can also take a picture of their hands, fingers, knees and toes, upload it into TuxPaint and add things to these photographs. Challenge them to think about what they can create from their hands, fingers, etc...

When the students have finished their creations, give them a chance to share. You can even compile these wonderful paintings (paper or digital) into a digital story using [eduBuncee](#) or [FlipSnack](#).

P.E. Extension:

This is the perfect song and story to bring to a P.E. class. You can introduce this one to the class by adding the fun hand and body movements. To mix it up a bit, add in other body parts too.

Standards:

Common Core:

Kindergarten: CCSS.ELA-LITERACY.SL.K.1, CCSS.ELA-LITERACY.SL.K.2, CCSS.ELA-LITERACY.SL.K.6, CCSS.ELA-LITERACY.L.K.1, CCSS.ELA-LITERACY.L.K.6

First Grade: CCSS.ELA-LITERACY.SL.1.1, CCSS.ELA-LITERACY.SL.1.2, CCSS.ELA-LITERACY.SL.1.3, CCSS.ELA-LITERACY.SL.1.6, CCSS.ELA-LITERACY.L.1.1, CCSS.ELA-LITERACY.L.1.6