

Musical Tips — Big Feelings: Emotional Regulation



Musical Tips — Big Feelings Emotional Regulation

Change the underlined words to different feelings and actions.

If You're Happy and You Know It

If you're Happy and you know it,
Clap your hands!

If you're Happy and you know it,
Clap your hands!

If you're Happy and you know it,
Then your face should surely show it.

If you're Happy and you know it,
Clap your hands!

Additional Verses:

Sad – say “boo-hoo” • Mad – stomp your feet • Excited – say “Hurray”



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I Have Feelings
(Sung to the tune of *Twinkle, Twinkle*)

I have feelings so do you,
Let's all sing about a few.
I am happy, I am sad,
I am scared, I am mad
I have feelings so do you.
We just sang about a few.

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