

# 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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**Toddler or Preschooler:** Teacher/Caregiver-dim the lights in their room and grab a flashlight. Turn on a quiet piece of music and slowly move the flashlight around on the ceiling. Ask the children to follow the light with their eyes. You can add breathwork to this.

**For example:** When the light moves up, breathe in. When the light moves down, breathe out.

**Baby:** Use a quiet voice and rock back and forth to music or while singing.

**Breathe Like a Bear** book by Kira Willey. *Scan the QR code below to watch a read-along video.*



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