



I Feel Happy!

AT

TODDLERIFIC

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Books to read together:

E Dunbar	<u>Tell Me Something Happy Before I Go to Sleep</u>
E McBratney	<u>I Love it When You Smile</u>
E Menchin	<u>Taking a Bath with the Dog and Other Things that Make Me Happy</u>
E Patricelli	<u>Baby Happy, Baby Sad</u>
E Raffi	<u>If You're Happy and You Know It</u>
E Rayner	<u>Augustus and His Smile</u>
ER Ready	<u>Ready, Set, Read—and Laugh!</u>

Fun things to do together:

- * Have a time that is “happy” time where you can only smile and laugh and let your child drum or play an instrument to some music and dance around
- * Change the lyrics to “If You’re Happy and You Know It” to include other feelings, such as “sleepy...say goodnight”
- * Make some happy face masks and have a happy parade
- * Practice making different faces in the mirror with your toddler to show happiness, silliness, and other emotions

A Happy Song

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,
Then you're face will surely show it.
If you're happy and you know it ,
Clap your hands.

(Stomp you feet, say hurray, and then try all three)