

# EYET EarlyON Child and Family Centres

## Home Circle Time: Feelings/Emotions

This circle time is all about body awareness.

These songs give children an opportunity to label their body parts, using rhythm and movement!

Song	Lyrics	Notes for Parents
Greeting (Warm Up)		
<b>Make a Circle</b>	Make a circle, make a circle, big and round, big and round. Come on everybody, come on everybody Gather round, gather round.	<ul style="list-style-type: none"><li>• We typically start every circle time with the same two songs. This helps children get into a routine and helps them anticipate what is to come.</li><li>• Sing the songs slowly so that your child is able to follow along. Especially songs that label body parts or incorporate actions. It may take them a few more seconds to follow along!</li><li>• If your child is able to, let them take the lead and run circle time.</li></ul>

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<b>The Good Morning Train</b>	The Good morning train is coming, How are you? Choo ...choo The Good morning train is coming, How are you? Choo ...choo The Good morning train is coming, The Good morning train is coming, The Good morning train is coming, How are you? Choo ...choo And we say hello to: How are you? Choo ...choo And we say hello to: How are you? Choo ...choo And we say hello to everyone How are you?	<ul style="list-style-type: none"><li>• Repeat, repeat, repeat! Repetition is great for children of all ages. Repeat the songs as many times as your child(ren) likes, you'll become an expert!</li><li>• Find musical instruments around your house (pots and pans work great!) and make circle time fun for everyone!</li></ul>

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<p><b>If You're Happy and You Know It</b></p>	<p style="text-align: center;"><b>Body Awareness</b></p> <p>If you're happy and you know it, clap your hands (clap clap) If you're happy and you know it, clap your hands (clap clap) If you're happy and you know it, and you really want to show it, If you're happy and you know it, clap your hands. (clap clap) If you're mad and you know it, stomp your feet (stomp stomp) If you're mad and you know it, stomp your feet (stomp stomp) If you're mad and you know it, and you really want to show it, If you're mad and you know it, stomp your feet. (stomp stomp) If you're excited and you know it, shout "Hurray!" (hoo-ray!) If you're excited and you know it, shout "Hurray!" (hoo-ray!) If you're excited and you know it, and you really want to show it, If you're excited and you know it, shout "Hurray!" (hoo-ray!)</p>	<ul style="list-style-type: none"> <li>• This song incorporates an action along with the body part (clapping hands, stomping feet)</li> <li>• A great song to introduce emotions. Talk to your child about how they are feeling today and incorporate their emotions into the song!</li> <li>• Switch it up and use different movements (Stretch your arms, jump up and down)</li> <li>• Here is a great version that uses a book you may have seen at the EarlyON: <a href="http://www.youtube.com/watch?v=71hqRT9U0wg">www.youtube.com/watch?v=71hqRT9U0wg</a></li> </ul>
<p><b>The More We Get Together</b></p>	<p>The more we get together Together, together The more we get together The happier we'll be</p> <p>'Cause your friends are my friends And my friends are your friends The more we get together The happier we'll be</p>	<ul style="list-style-type: none"> <li>• This song highlights the role relationships and friendships can play on our feelings</li> <li>• Watch <a href="https://www.youtube.com/watch?v=VYJS_xckWY0">https://www.youtube.com/watch?v=VYJS_xckWY0</a> to see how you can add sign language signs as you sing the song</li> </ul>

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<p><b>Skinnamarink</b></p>	<p>Skinnamarink a-dink a-dink            Skinnamarink a-do, I love you!            Skinnamarink a-dink a-dink            Skinnamarink a-do, I love you!            I love you in the morning, and in the afternoon            I love you in the evening, underneath the moon            Skinnamarink a-dink a-dink            Skinnamarink a-do, I love you!            Skinnamarink a-dink a-dink            Skinnamarink a-do, I love you!            Skinnamarink a-dink a-dink            Skinnamarink a-do, I love you!            I love when you're smiling, I love when you're glad            I love when you're crying, and even when you're mad            Skinnamarink a-dink a-dink            Skinnamarink a-do, I love you!</p>	<ul style="list-style-type: none"> <li>• This song shows that it's okay to have feelings and to express your feelings as you are loved no matter what.</li> <li>• Some actions to go along with the song</li> <li>• Put one hand under the opposite elbow and wave during the first 2 lines</li> <li>• Sign I love you: point to yourself, cross fists over heart, point to someone</li> <li>• Repeat with reverse hand.</li> <li>• For "morning" - with hands interlocked, rock the baby.</li> </ul>
<p><b>Feelings Song</b></p>	<p>I have feelings (point to self)            So do you (point to children)            Let's all sing about a few.            I am happy (smile).            I am sad (frown).            I get scared. (Wrap arms around self and make scared face).            I get mad (make a fist and shake it or stomp feet).            I am proud of being me (hands on hips, shoulders straight, smile)            That's a feeling too, you see.            I have feelings (point to self)            You do, too (Point to children)            We just sang about a few.</p>	<ul style="list-style-type: none"> <li>• • Sung to the tune of Twinkle Twinkle Little Star</li> <li>• Watch on <a href="https://www.youtube.com/watch?v=3x_P5j1eSTA">https://www.youtube.com/watch?v=3x_P5j1eSTA</a></li> <li>• Helps children recognize that we all have feelings and we sometimes use different facial/body expressions to express our feelings</li> </ul>

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<b>I Love My Toddler</b>	I love my toddler, yes I do! I love my toddler, yes I do! I love my toddler, yes I do! And I'm going to give a big (pause)...Hug to you!	<ul style="list-style-type: none"> <li>• Can change toddler to baby/ mommy/ daddy /your child's name</li> <li>• Replace with other actions like tickle, kiss, nuzzle, squeeze</li> <li>• Demonstrates ways we can express and show feelings of love</li> </ul>
<b>Closing</b>		
<b>A Hug Is Not A Hug Until you give it away</b>	A Hug is not a hug until you give it away Give it away...x2 A Kiss is not a kiss until you give it away Give it away...X2 It will come right back to you	<ul style="list-style-type: none"> <li>• Before ending your circle ask your child(ren) if there are any songs they would like to add</li> <li>• Closing a circle with the same songs will give your child opportunity to anticipate a transition</li> <li>• This song fosters bonding relationship between parent and child with lots of affectionate expressions as hugs and kisses</li> <li>• Watch on: <a href="https://www.youtube.com/watch?v=D0ockvnlzUY">https://www.youtube.com/watch?v=D0ockvnlzUY</a></li> </ul>