



Saturday by Oge Mora

Recommended books:

You Are a Lion by Taeun Yoo
Breathe Like a Bear by Kira Willey (use a select page or two at a time)
Grumpy Pants by Claire Messer
The Rabbit Listened by Cori Doerrfeld
Everyone by Christopher Neal
How are you? ¿Cómo estás? by Angela Dominguez
The Way I Feel by Janan Cain
Glad, Glad Bear by Kimberly Gee
Tiny T. Rex and the Impossible Hug by Jonathan Stutzman
The Many Colors of Harpreet Singh by Supriya Kelkar

Flannel Board Rhymes:

If You're Happy & You Know It

Print and use emojis or the free pdf of faces from :
<https://sunflowerstorytime.com/2015/04/28/feelings-faces/>
to use while singing.

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 with surely
show it.
If you're happy and you know it, clap your hands.



If you're surprised and you know it, say "Oh my!"...
 If you're sad and you know it, rub your eyes "Boo hoo" ...
 If you're scared and you know it, shiver and shake....
 If you're angry and you know it, stomp your feet...
 If you're silly and you know, make a funny face...
I always end with a "happy" verse again!

Feelings (To the tune of B-I-N-G-O)

Print emoji faces and letters to go with the song. Find examples at:
<https://storytimesecrets.blogspot.com/2012/06/flannel-friday-h-p-py.html>

When I'm feeling full of joy,
 I am feeling happy!
 H-A-P-P-Y
 H-A-P-P-Y
 H-A-P-P-Y
 I am feeling happy!

When I'm feeling full of beans,
 I am feeling silly!
 S-I-L-L-Y
 S-I-L-L-Y
 S-I-L-L-Y
 I am feeling silly!

When I'm feeling mad and mean,
 I am feeling angry!
 A-N-G-R-Y
 A-N-G-R-Y
 A-N-G-R-Y
 I am feeling angry!

When it's time to go to bed,
 I am feeling tired.
 T-I-R-E-D
 T-I-R-E-D
 T-I-R-E-D
 I am feeling tired!

Five In the Bed

From: <http://www.futurelibrariansuperhero.com/2011/05/five-inna-bed.html>

Use reversible flannel faces to sing 5 In the Bed. On one side the little one is angry/other side happy. On one side the "others" are happy & asleep/other side surprised or angry. Talk about how the characters would feel before singing the song.

There were five in the bed (Hold up correct number of fingers).

And the little one said, "Roll over, roll over." (Make grumpy faces like the little one and shake a finger)
 So they all rolled over (rolling motions-- get quite energetic here!)

and one fell out (Really ham it up--I flip over the felt piece to show the surprised face / sit up straight and give a loud "OH!" looking very surprised)



Then there were four in the bed and the little one said, "Roll over, roll over."

Repeat until you get to one in the bed, "There was one in the bed and the little one said (flip piece), 'Ahhhhhhh, I've got the WHOLE BED to myself! Good night!'" (And again, ham it up here and really sell how happy and comfy that little one is).

The kids always think it's hilarious and then wrap up by talking about how they all feel now.

Songs:

"Can't Wait to Celebrate" by Jim Gill

When he sings "wait," have kids freeze and do the sign for wait (hands out, palms up, wiggle fingers) Pausing helps build self-regulation skills like taking a deep breath in the book.

"The Goldfish" by Laurie Berkner This also has good pauses while fish are sleeping.

"I Feel Crazy So I Jump In the Soup" by Laurie Berkner

"It's a Beautiful Day" by Miss Carole of Macaroni Soup

Activity: Make Your Own Puppets

DIY puppets of any kind! Popsicle stick and paper bag puppets decorated with markers, crayons or scrap paper are a cinch and a super way to add some creative play to your day.

