

## Happy and Sad Week

### Also: Hh, 8, Octagon and Periwinkle

#### Suggested Books:

Teeth are Not for Biting by Elizabeth Verdick  
Leonardo, the Terrible Monster by Mo Willems  
How Do I Love You? by Marion Dane  
Feelings by Alik  
Happy Sad Silly Mad: My World Makes Me Feel by  
John E. Mistchel  
Andrew's Angry Words by D. Lachner  
When I Feel Angry by Cornelia Maude  
A is for Angry: An Animal and Adjective Alphabet  
Book by Sandra Boynton  
Not Afraid of Dogs by Susanna Pitzer  
The Berenstain Bears in the Dark by Stan Berenstain  
The Berenstain Bears and the Green-Eyed Monster  
by STan Berenstain  
Jamaica and Brianna by Juanita Havill  
Yertle the Turtle and Other Stories by Dr. Seuss  
Brand-New Baby Blues by Kathi Appelt  
Feelings to Share from A to Z by Todd Snow

#### Vocabulary Words:

Happy, sad, Love, Fear, Anger, Surprise,  
Anticipation, Jealousy, octagon, eight, periwinkle

#### Songs and Fingerplays:

(NOTE: the melodies for these songs can be found  
on the new page labeled "Songs")

##### 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 will surely show it  
If you're happy and you know it  
Clap your hands!

If you're sad and you know it  
Wipe your eyes (boo-hoo!)  
(Repeat)

If you're mad and you know it  
Stomp your feet!

If you're scared and you know it,  
Hug a friend!

If you're tired and you know it  
Go to sleep...  
(Etc.)

##### My Happy Face

*Tune: "I'm A Little Teapot"*

I have a happy face,  
Just watch me grin!  
With a big smile from my  
Forehead to my chin.

When I get upset  
And things are bad,  
My happy face then  
Turns to sad.

##### (Christian Song) I've Got that Joy

I've got that joy, joy, joy joy  
Down in my heart, down in my heart  
Down in my heart!  
I've got that Joy, Joy, Joy, Joy  
Down in my heart  
Down in my heart to stay!

And I'm so happy, so very happy  
I've got the love of Jesus in my heart!  
Yes, I'm so happy, so very happy  
I've got the love of Jesus in my heart!

##### If You're Ever Feeling Grouchy (Tune: *Did you ever see a Lassie?*)

If you're ever feeling grouchy  
Grouchy, grouchy!  
If you're ever feeling grouchy

Just flap both your arms!

Flap this way and that way  
 Flap this way and that way  
 If you're ever feeling grouchy  
 Just flap both your arms!

If you're ever feeling grouchy...  
 Just jump up real high...

If you're ever feeling grouchy...  
 Just wear a big smile!

Skinamerinky-dinky-dink  
 Skinamerinky-dinky-dink  
 Skinamerinky-doo  
 I love you!  
 Skinamerinky-dinky-dink  
 Skinamerinky-doo  
 I love you!  
 I love you in the morning  
 And in the afternoon  
 I love you in the evening  
 Underneath the moon!  
 Skinamerinky-dinky-dink  
 Skinamerinky-doo  
 I love you!

FEELINGS

Sometimes on my face, you'll see,	(point to chest)
How I feel inside of me.	(point to face)
A smile means happy,	(smile)
A frown means sad.	(frown)
And gritting teeth, means I'm mad.	(grit teeth)
When I'm proud, I beam and glow,	(smile)
But when I'm shy, my head hangs low. (Bow head)	

By Karen Folk  
 © Warren Publishing

House

**Materials to Gather:**

**Calendar Area:**

Gather items for display that begin with this week's letter sound – H. Hat, hair, hanger, handkerchief, hand, heart, hen, honey, hippopotamus, horn, house, hot dog. You can have your child help you do this! Hang a large letter H – out of wood or paper. Display eight of something – eight small blocks – that your child will count at calendar time. Print off a picture of Periwinkle flowers and display that. Also cut out an octagon and display that.

**Dramatic Play:**

Add mirrors to kitchen area. Hang some pictures on the walls of happy, sad, and angry people.

**Blocks:**

Make a few signs for your child's block buildings, using the child's name. "Ben's Garage", or "Ben's Ice Cream Shop". Add stop signs to block play.

**Music:**

Play a variety of music styles this week. Consider Stravinsky's Rite of Spring, John Phillip Sousa's Marches, and Beethoveen's "Pastorale" Symphony No 6. These may invoke different emotions. The Rite of Spring is a very dark, almost threatening piece, while the pastorale brings up images of Disney's cute little cherubs playing in the park. Marches often make us feel proud and strong. Consider Shubert's Ave Maria, as a calming, peaceful song. All but the marches are featured in the original Fantasia movie.

**Projects:**

Smiling Faces: Cut out eyes, noses, smiles, hair, eyebrows, etc, from magazines. Let child glue facial features onto paper plates, or onto colored construction paper circles (brown, beige, peach, whatever color you prefer).

Calendar Math: If you bought feelings stamps, show them to your child. Let him chose the one that shows how he is feeling today. Let him stamp it on the calendar. If yours isn't paper (mine is a dry-write calendar), then stamp the face on paper, and tape it to today's date. Do this all month long. Then you can make a chart showing how many days your child was happy, and how many days he was sad, or

other feelings. Make a bar graph or pie-chart, or both.

Eight is Great: Have child paint a large 8 on construction paper with a paint brush and white glue. (You may lightly trace the eight, if the child needs assistance.) Then lay paper in a cake pan, shake on glitter, and shake the cake pan until all the glue is covered. Allow to dry, then display in the calendar area.

Camera Time: Take pictures of your child when he is angry, throwing a tantrum, frightened, jealous, loving, sad, excited, and more. If you can, make a powerpoint presentation, or a slide show, of your child's different emotions. Talk with your child about how he felt at the time, or how he is feeling now. Let him know that It is FINE and NORMAL to have feelings! We all do! It is OKAY to get angry! It is not okay to hit, or bite, or throw tantrums. We must all learn how to handle our emotions. Help him learn other ways to deal with his. Some people go for a brisk walk when they are angry. Other's like to pound nails, or punch a ball.

Musical Art: Play music while your child colors a picture. Try different music, and ask your child how the music makes him feel. Ask him to draw how he feels. Try Stravinski's Rite of Spring (anger, or aggression), Beethoven's Pastorale symphony (love, peace, during the storm sequence, maybe fear), and a March by John Philips Sousa (happy, joy). There is no right or wrong answer. A joyful march might make someone angry if they don't like brass instruments.

Playdough Numbers: Make a large figure 8 on a sheet of paper, using a wide-tipped marker. Laminate, if you wish. Have child roll playdough snakes and lay them on the 8. Then have child roll eight small balls and count them. You may repeat with other numbers, as well.

Feelings Book: Day 1- Have child decorate a cover. Write "My Book of Feelings" or "Jane's Book of Feelings", inserting your child's name. Decorate with glitter, stickers, or add a photo of your child to

the center. Day 2- Write "Happy", "Sad", "Scared", "Angry", and "Surprise" on separate sheets of paper. (Add "Love", "Jealous" and "Anticipate", if you want to do three more pages). Have child draw a picture of how his face looks when he is happy. Have him tell you a story about one time when he was happy, or what makes him happy. You copy it down under his page. Repeat with each of the other emotions, doing one or more every day until done. On Friday, gather all the pages and cover together. Punch holes along the left side. String yarn through, or add metal rings. You and your child can "read" the feelings book together.

Feelings Stamps: If you own the feelings stamps listed under optional toys, let the child use them and stamp many faces. If you don't, then you will draw simply faces depicting happy, sad, fear, anger, surprise, anticipation, jealousy, love. Have your child describe how he thinks the various faces are feeling. Teach him new vocabulary words. Let him glue the faces around the edge of a paper plate, then display in the calendar area for the rest of the week.

Role-Play: Set a stuffed toy in a small rocking chair or on a stool. Tell your child that it is time for the toy to go to bed but he does not want to! Ask your child how that makes him feel. What does he do when he feels that way? What is something else he could do? Have him practice reacting appropriately (i.e. Some children whine, or stamp their feet, or throw tantrums. This is not appropriate. They could talk calmly, and ask mommy if they can play for five more minutes, but in the end, they must obey with a cheerful spirit. The positive side, is that if they go right to sleep, they can get up and play in the morning!) Repeat this role-playing activity with your child often. You can help him practice appropriate responses when he is calm and good-natured. Other possible scenarios: Teddy is sad because he misses his mom. Teddy is scared because he sees a spider. Teddy is angry, because someone took his toy.

Mad Ball: Buy a light colored playground ball, or use one you own. Using a permanent black marker, ask

your child what makes him angry. Write it on the ball. Write down everything that makes him angry! Then have him take the ball outside and kick it around the back yard. Ask how he feels now? Whenever he gets angry, he can take his mad ball out and kick it (or take in the basement).

Movie Day: Watch a movie with your child, that is age-appropriate and features a lot of emotions. The Brave Little Toaster might be a good choice, and might even be available in your library, although it is less than \$10 at amazon.com. Periodically pause the movie and ask your child what he thinks the hero is feeling now. Don't do this too much, or your child may lose interest in the plot. But this can be a good way to watch a movie with him, especially if you think he is getting scared by the movie.

Periwinkle Paint: Help your child discover the color of periwinkle. Mix a light lavender blue, by mixing a little blue tempera paint, a drop of red and a larger portion of white paint. Set aside. Make gray by mixing a little black with a lot of white. Give your child a large sheet of white paper, and the two paints. Let him paint, overlapping the colors and mixing them together some. Periwinkle is a shade of blue that is a pale lavender blue and slightly grayish. The color periwinkle was first added to Crayola crayons in 1949. It might be available in the 48 count box, but I know it's in the 64 count box.

Shades of Blue: Help your child discover more blue colors! Put a small amount of blue tempera paint in a paint cup. Let him paint a stripe or spot on a large sheet of paper. Now, add a drop or two of black, let

him swirl the paint around, then paint another stripe or spot. Continue adding drops of black to the blue, until the child's paper is covered in paint, or the paint is totally black. You can repeat this activity, starting again with blue, but adding a few drops of white each time, until the blue is very very pale. Hang both pictures of blue. Teach color words such as light blue, dark blue, midnight blue, pale blue, sky blue, etc.

Shades of Blue collage: Get a sheet of clear contact paper. Remove the paper covering protecting the sticky side from the center of the sheet, but leave a ½ inch of paper all around the outside edge. Set down, sticky side up on table. Give child small squares cut from tissue paper in blue, black, white, maybe even a bit of red and green. As child sticks them to the contact paper, and overlaps the edges, new colors will be visible. Let all the sticky parts be covered with tissue. Then remove the paper backing from the edge, and stick to a sunny window. Enjoy!

How Many: Mix several types of pasta in a bowl. Have child sort out the types, then count how many of each. (Have 8 of several types, but not all. Child should count to 8, not guess.) To extend activity, color the pastas different colors, using the same directions as for coloring rice. Allow to dry. Then let child string pasta on yarn for necklaces, or glue to construction paper for a collage, or play with colored pasta in a sensory table.

**Happy and Sad: Monday**

Date: \_\_\_\_\_

Concepts: Hh, 8, Periwinkle, Octagon

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity; Practice vocabulary words & concepts. Teach "If you're Happy and You Know it" song. Use hand motions.
7:45	Breakfast: Honey Toast – trace an H in the honey.
8:00	Table Activities: Feelings and Faces listening lotto (or any lotto game).
8:15	Free Play: Set out props in dramatic play, blocks, music, & books areas.
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack: Happy Face English Muffins. Spread with cream cheese, make faces with raisins, carrot shreds, candy corn, or whatever.
10:15	Outside time: Run. How does exercise make you feel?
11:15	Project: Smiling Faces collage
12:00	Lunch. Go potty, read a story, sing & cuddle
1:00	Nap
3:00	Up from nap. Make bed, go potty, wash hands
3:15	Snack: eight almonds, a glass of juice
3:30	Outside time: Go to a playground, play with other children. If anyone gets angry, talk about it.
4:30	Table Time: Worksheet 1, the letter Hh.
4:45	Project: Calendar Math.
5:15	Clean up. Read a story, free play time
6:00	Dinner
6:30	Put away food, load dishwasher, Journals
7:00	Bath time. Get in Pajamas, read stories, or play a quiet game together
8:00	Bed

**Happy and Sad: Tuesday**

Date: \_\_\_\_\_

Concepts: Hh, 8, Periwinkle, Octagon

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity; Vocabulary words and concepts; Teach "My Happy Face". Review songs
7:45	Breakfast:
8:00	Table Activities: Eight is Great
8:15	Free Play
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack
10:15	Outside time: Add dish soap to small splash pool. Let child make bubbles! Can he make giant bubbles?
11:15	Project: Camera Time (may continue outside, or go on in).
12:00	Lunch. Go potty, read a story, sing & cuddle
1:00	Nap
3:00	Up from nap. Make bed, go potty, wash.
3:15	Snack: Child counts out 8 raisins, 8 choc chips, 8 cheerios, etc, and makes his own GORP for snack.
3:30	Outside time: ride tricycle.
4:30	Table Time: Worksheet 2 and/or 3
4:45	Project: Musical Art.
5:15	Clean up. Read a story, free play time
6:00	Dinner
6:30	Put away food, load dishwasher, Journals
7:00	Bath time. Get in Pajamas, read stories, or play a quiet game together
8:00	Bed.

**Happy and Sad: Wednesday**

Date: \_\_\_\_\_

Concepts: Hh, 8, Periwinkle, Octagon

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity; Vocabulary words; Songs. Teach "I've Got That Joy", and review.
7:45	Breakfast
8:00	Table Activities: Playdough Eights.
8:15	Free Play
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack
10:15	Outside: Hula Hoops!
11:15	Project: Feelings Book, Cover and page one.
12:00	Lunch. Go potty, read a story, sing & cuddle
1:00	Nap
3:00	Up from nap. Make bed, go potty, wash.
3:15	Snack
3:30	Outside time: swing. How does swinging make you feel?
4:30	Table Time: Worksheet 4 and/or 5
4:45	Project: Feelings Book, page 2 and 3
5:15	Clean up. Read a story, free play time
6:00	Dinner
6:30	Put away food, load dishwasher, Journals
7:00	Bath time. Get in Pajamas, read stories, or play a quiet game together
8:00	Bed.

**Happy and Sad: Thursday**

Date: \_\_\_\_\_

Concepts: Hh, 8, Periwinkle, Octagon

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity; Vocabulary; Songs. Teach "Skinamerinky-Dinky-Dink", review.
7:45	Breakfast
8:00	Table Activities: Lacing Cards or puzzles.
8:15	Free Play
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack
10:15	Outside: Lie down and look at clouds. What do you see?
11:15	Project: Feelings Book, page 4 and 5. End?
12:00	Lunch. Go potty, read a story, sing & cuddle
1:00	Nap
3:00	Up from nap. Make bed, go potty, wash.
3:15	Snack
3:30	Outside time: swim (in season) or play in snow.
4:30	Table Time: worksheet 6 and /or 7
4:45	Project: Feelings stamps. Or paint octagons periwinkle.
5:15	Clean up. Read a story, free play time
6:00	Dinner
6:30	Put away food, load dishwasher, Journal
7:00	Bath time. Get in Pajamas, read stories, or play a quiet game together
8:00	Bed.

**Happy and Sad: Friday**

Date: \_\_\_\_\_

Concepts: Hh, 8, Periwinkle, Octagon

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity; Vocabulary words; Songs. Review all songs.
7:45	Breakfast
8:00	Table Activities Scissors practice. Cut junk mail into tiny bits before disposing.
8:15	Free Play
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack
10:15	Outside: Kick, throw balls
11:15	Project: Role-play, Mad Ball.
12:00	Lunch. Go potty, read a story, sing & cuddle
1:00	Nap
3:00	Up from nap. Make bed, go potty, wash.
3:15	Snack
3:30	Outside: Sandbox play. Bring enough sand pails to share with others.
4:30	Table Time: Worksheet 8.
4:45	Project: Periwinkle and Shades of Blue
5:15	Clean up. Read a story, free play time
6:00	Dinner
6:30	Put away food, load dishwasher, Journal
7:00	Bath time. Get in Pajamas, read stories, or play a quiet game together
8:00	Bed.