

# little bodies BIG FEELINGS

with Miss Regina



TODAY'S BIG FEELING:

I AM A GOOD  
PERSON



## Welcome Song

I LOVE ME

(to the tune of "Three Blind Mice").

I love me, I love me

So very much, So very much

I can reach high and touch the sky

I love me, I love me



## Feelings Check-In



## Story

People are wild by Margaux Meganck



## Movement Rhyme

HEAD AND SHOULDERS

Head, shoulders, knees and toes, knees  
and toes (touch each body part as it is  
said)

Head, shoulders, knees and toes, knees  
and toes

and eyes and ears and mouth and nose,

Head, shoulders, knees and toes, knees  
and toes.



## Story

Most People by Michael Leannah



## Song

The wheels on the bus go round and round

Round and round, round and round

The wheels on the bus go round and round

All through the town

The people on the bus go up and down

Up and down, up and down

The people on the bus go up and down

All through the town

The mommy on the bus says you're so sweet

The daddy on the bus says I love you



## Maybe Story

Sweet People are Everywhere

by Alice Walker



## Rhyme

OPEN SHUT THEM

Open them, shut them

Open them, shut them

Give a little clap, clap, clap!

Open them, shut them

Open them, shut them

Put them in your lap, lap, lap.

Creep them, crawl them

Creep them, crawl them

Right up to your chin, chin, chin.

Open up your little mouths.....

But do not put them in!

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PERSON



## Affirmation

**I AM**

I am great! (Arms wide)  
I am smart! (Finger to head)  
I am strong! (Flex muscles)  
I am loved! (Hug yourself)  
Today is an awesome day! (Jump in the air, fist pump)

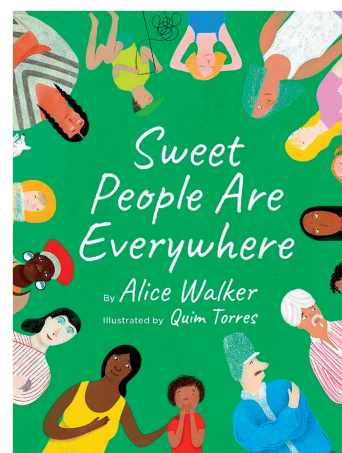
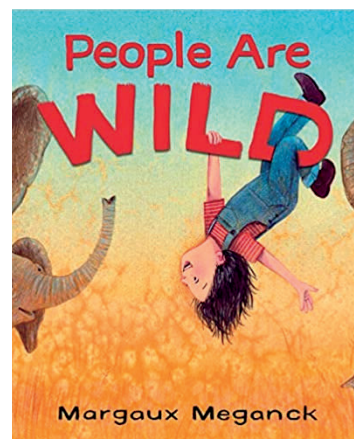


## Feelings Check-In

## So Long Song

**We Wave Goodbye Like This**

(Tune: "Farmer in the Dell")  
We wave goodbye like this.  
We wave goodbye like this.  
We clap our hands for all our friends.  
We wave goodbye like this.



**Today we read...**