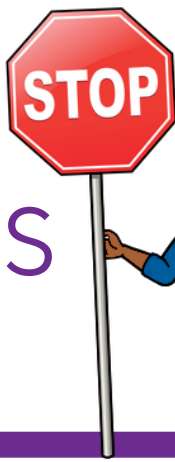


little bodies BIG FEELINGS

with Miss Regina



TODAY'S BIG FEELING:

I AM IN CHARGE
OF MY BODY



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

No Hugs Till Saturday
by Julie Downing



Movement Rhyme

I CAN HUG

I can hug, hug, hug

I can hop, hop, hop

I can kiss, kiss, kiss

I can stop, stop, stop

I can nod my head for yes,

And I can shake my head no,

And I can sit down very slow.



Story

Hug Machine by Scott Campbell



Rhyme

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.

add other feelings; such as;

If you're angry and you know it, stomp your feet,

or If you're scared and you know it, hide your eyes.



Story

Don't Hug Doug by Carrie Finison



Counting Song

Number 1 is like a stick

A straight line down, that's very quick!

For number 2 go right around

Then make a line across the ground!

Go right around, what will it be?

Go round again to make a 3!

Down and over and down some more

That's the way to make a 4!

Go down and around, then you stop

Finish the 5 with a line on top!

Make a curve, then a loop

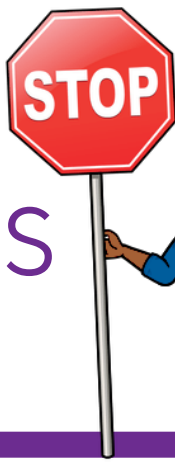
There are no tricks to making a 6!

Across the sky and down from heaven

That's the way to make a 7!

little bodies BIG FEELINGS

with Miss Regina



TODAY'S BIG FEELING:

I AM IN CHARGE
OF MY BODY



Story

While We Can't Hug by Eoin McLaughlin



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

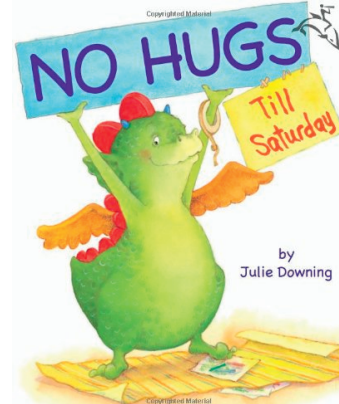
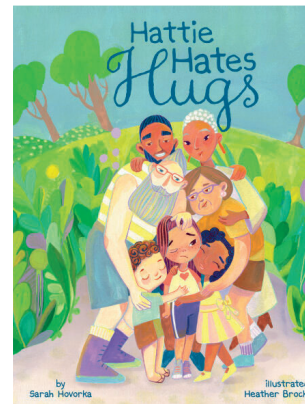
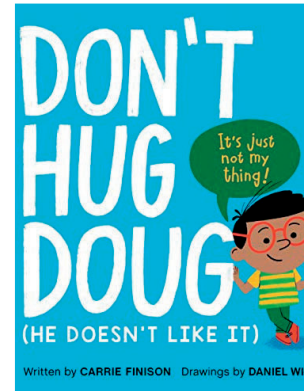
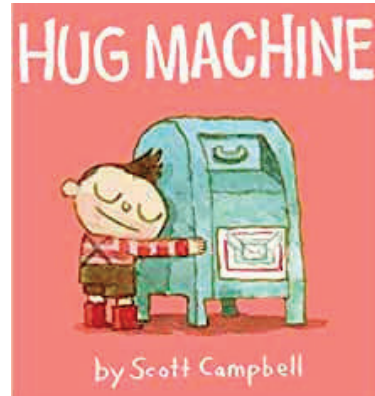
(Tune: "Farmer in the Dell")

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...

