

# little bodies BIG FEELINGS

with Miss Regina



TODAY'S BIG FEELING:

**I CAN TRY**



## 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

Jabari Tries by Gaia Cornwall



## Story

I Am Able to Shine by Korey Watari



## Number Rhyme

**SHOW ME 5 FINGERS**

Show me 5 fingers, Let me see.  
Show me 4 fingers, Touch your knee.  
Show me 3 fingers, Touch your nose.  
Show me 2 fingers, Touch your toes.  
Show me 1 finger, Let me see.  
With this finger, point to me!



## Story

Green Eggs and Ham by Dr. Seuss



## Counting Song

**GROWING UP**

(to the tune of "row row row your boat")

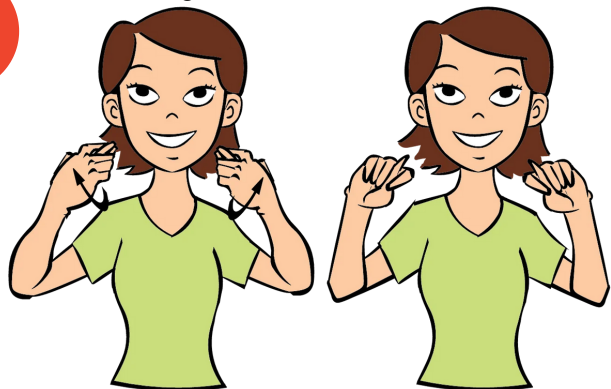
Grow, grow, growing up,  
Growing every day.  
I can feed myself now  
I'm growing every day.

Grow, grow, growing up...  
I can put my own shoes on...  
I can put my shirt on...  
I can carry my books myself...  
I can put my toys away...  
(Feel Free to make up more verses!)



## Movement Practice

*How to Sign, "TRY"*



To sign try, we close both fists and tuck our thumbs between the middle and index fingers. We then rotate both fists outward at the same time, creating a small, circular wrist pivot that starts closer to our body and end away from us.

Source: [babysignlanguage.com](http://babysignlanguage.com)

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## 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)



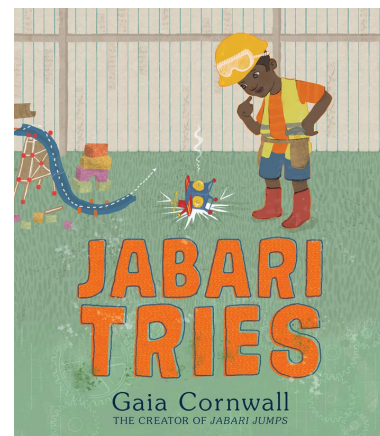
## Feelings Check-In

## 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...

