

little bodies BIG FEELINGS

with Miss Regina



TODAY'S BIG FEELING:

SOMETIMES I'M ANGRY,
BUT I CAN CALM DOWN



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

Cranky Right Now by Julie Berry



Counting Rhyme

When angry feelings start to mount,
That's when I take some time to count
[count on fingers and aloud]

One....Two.....Three....Four...Five.

Counting helps me settle down,

Counting helps to fade my frown:

Six...Seven...Eight...Nine...Ten.

Source: *Lincolnwood Library*



Story

The Duckling Gets A Cookie?! by Mo Willems



Song

A-N-G-E-R

When I feel mad, I take a break,

That's how I deal with anger.

A-N-G-E-R , A-N-G-E-R

Yes, I take a break, That's how I deal with anger.

When I feel mad, I count to ten,

That's how I deal with anger.

A-N-G-E-R , A-N-G-E-R

Yes, I count to ten, That's how I deal with anger.

When I feel mad, I take deep breaths,

That's how I deal with anger.

A-N-G-E-R , A-N-G-E-R

Yes, I take deep breaths, That's how I deal with anger.

When I feel mad, I use my words,

That's how I deal with anger.

A-N-G-E-R , A-N-G-E-R

Yes, I use my words, That's how I deal with anger.

Source: *Gentle Hands by Amadee Ricketts*



Maybe Story

I Want To Be Mad For A While! by Barney Saltzberg

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Rhyme

FEELINGS

Sometimes on my face you'll see (point to face)
How I feel inside of me. (Point to chest)
A smile means happy, a frown means sad, (Smile,
then frown)
And when I grit my teeth, I'm mad. (Grit teeth and
frown)
When I'm proud I beam and glow, (Smile)
But when I'm shy, my head hangs low. (Bow head)
Source: Karen Folk. 1001 Rhymes and Fingerplays



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)

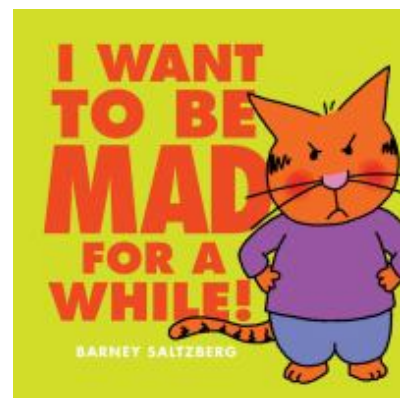
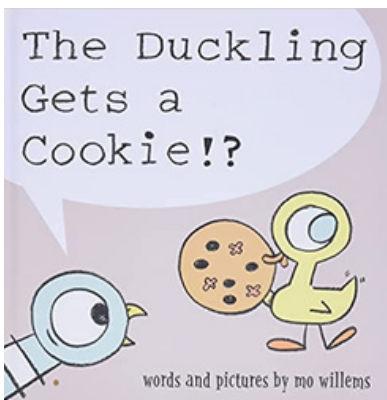
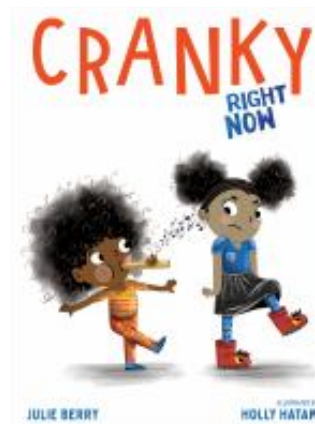


Feelings Check-In



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...