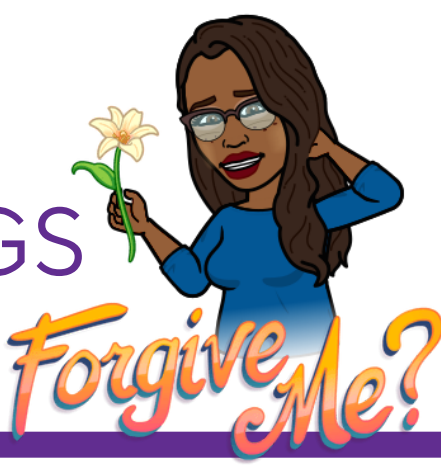


little bodies BIG FEELINGS

with Miss Regina



TODAY'S BIG FEELING:

**I CAN
APOLOGIZE**



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

How to Apologize
by David LaRochelle



Counting Song

FIVE LITTLE MONKEYS

Five little monkeys jumping on the bed.
One fell off and bumped his head.
Mama called the doctor and the doctor
said,
"No more monkeys jumping on the bed!"
Four little monkeys,
Three little monkeys,
Two little monkey,
One little monkey jumping on the bed.
She fell off and bumped her head.
Mama called the doctor and the doctor
said,
"No more monkeys jumping on the bed!"



Story

I'm Sorry by Michael Ian Black



Shaker Song

SAYING I'M SORRY IS THE FIRST STEP

Saying I'm sorry is the first step
How can I help
Saying I'm sorry is the first step
Then how can I help
Saying I'm sorry is the first step
Then how can I help
I spilled my milk when I was having my breakfast
I said sorry to my mom, asked how I could help
So I cleaned up all the mess
Saying I'm sorry is the first step
Then how can I help
Saying I'm sorry is the first step
Then how can I help



Story

David Gets In Trouble by David Shannon



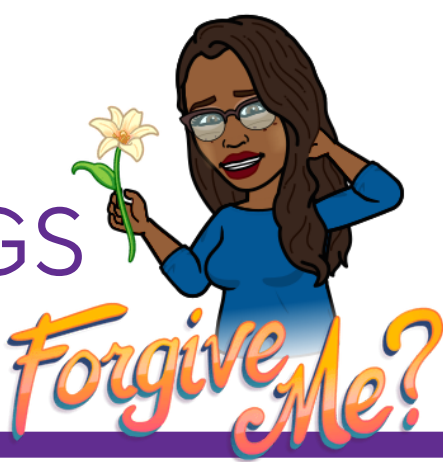
Movement Practice

How to Sign, "I'm sorry"



little bodies BIG FEELINGS

with Miss Regina



TODAY'S BIG FEELING:

I CAN APOLOGIZE



Maybe Story

I Forgive Alex by Kerascoët



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)

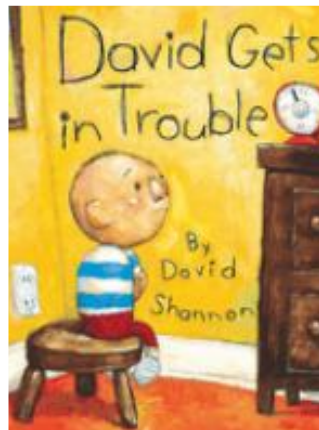
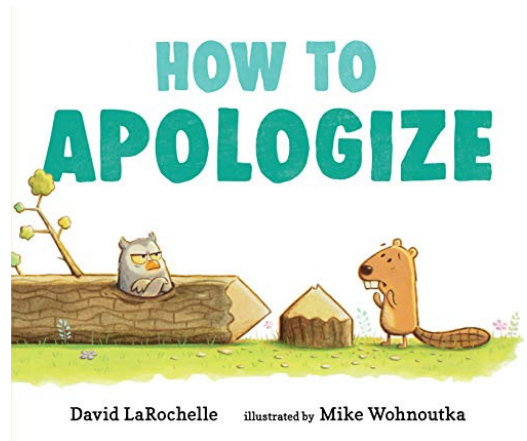


Feelings Check-In

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...

