

# Happy & You Know It Activity Card

We all know the classic nursery rhyme - but we have added a new element where your child can use the beloved song to help your child express their emotions.



## WHAT DO I NEED

1. Small paper plates or paper cut into circles
2. Stick
3. Crayons/pens /pencils
4. Mirror
5. Glue/cello tape

## METHOD

1. Encourage your child to look in the mirror and make a happy face
2. Can they draw a happy face on one side of the plate?
3. On the opposite side of the plate, can they draw themselves with a sad face?
4. Glue the stick onto the plate
5. Can you make a mask too?
6. You can now use your masks to sing "If Your Happy and You Know It"
7. For example:  
If your happy and you know it (show your happy face mask) turn around  
If your happy and you know it turn around  
If your happy and you know it and you really want to show it  
If your happy and you know it turn around  
Repeat with a range of actions using either the sad or happy faces