

**If You're Angry**  
Song

If you're angry and you know it,  
Hug yourself.  
If you're angry and you know it,  
Hug yourself.  
If you're angry and you know it,  
Use a strategy to slow it,  
If you're angry and you know it,  
Hug yourself.

If you're angry and you know it  
close your eyes.

If you're angry and you know it  
sing a song.

We can have many different emotions.

When you are worried, it can help to talk with a grown-up or draw a picture.

“This is probably the most important unit I’ll present this year!”

★ ★ ★ ★ ★

I think this is

exciting

Not exciting

grocery shopping

I am!

Affirmation Poem

I am brave.  
I am smart.  
I know the feelings  
In my heart.

I am!  
I am brave.  
I am smart.  
I know the feelings  
In my heart!

annoyed, confused, curious, frazzled, angry, happy, proud, surprised, silly, sad, lonely, worried



EVERYTHING YOU NEED

# • 10 DAYS OF FULL-PLANNED LESSONS

- 10 INDEPENDENT CENTERS
- BOOK RECOMMENDATIONS

Introduction to activate prior knowledge.

## Happy Feelings

A Wonderful Feeling

Day 2 lesson plans

Real-life photos to generate discussion.

... is a positive feeling. When you feel good, proud, satisfied, or content, you could say you are happy. What makes you happy?

- Objectives:**
- The students will play with words, sounds, and rhymes.
  - The students will begin to make letter-sound connections.



- Activities:**
- Show the photos to the class. Ask students how they can tell the children in the photos are happy. (smile, eyes, clapping, etc.)
  - Sing the song, "If You're Happy." Use the picture cards to help with each verse.
  - Play the "Letter H" carpet game.

**If You're Happy**  
Chorus Song

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!

**Extension Idea:**  
Teach the sign for happy. With an open hand, brush upwards along your chest twice.



**Letter H**  
Carpet Game

Each of these starts the same.

Choose a picture letter H game!

- To Play the Game:**
- Line up the pictures and identify each item together. Stress the /h/ sound.
  - Hide the letter H under one of the pictures and recite the poem to find it. You can use upper case, lower case, or both!
  - Children guess where the letter H is hiding by identifying the picture.

Songs, poems, carpet games, and more!

Step-by-step directions for each activity.

Objectives written in kid-friendly language.

Daily extension activities, including ASL instruction.

“This unit takes the hard work out of planning.”



SPEND LESS TIME PLANNING & MORE TIME TEACHING


# H-E-A-R-T

To the tune of "Bingo"

I have some feelings in my heart  
I know them  
'cause I'm brave and smart


**H-E-A-R-T**  
**H-E-A-R-T**  
**H-E-A-R-T**

I know the feelings in my heart.



Yes!


Yes!



# Grumpy

Carpet Game

Which friend is feeling grumpy?  
Which one do you see?




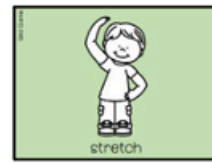



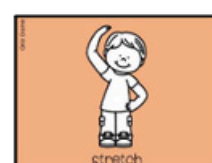














Tell me the number.



Do I look grumpy?

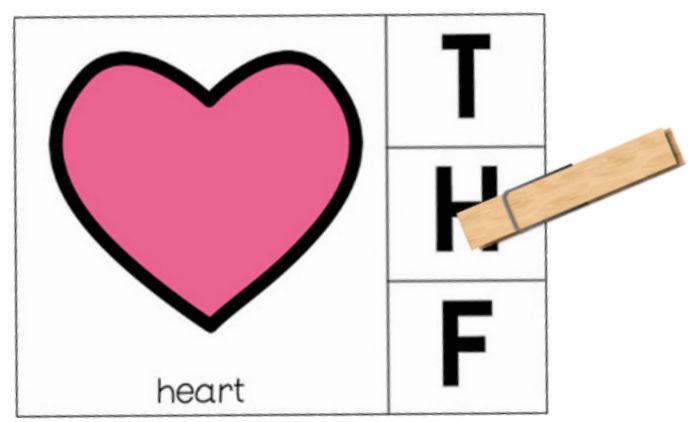
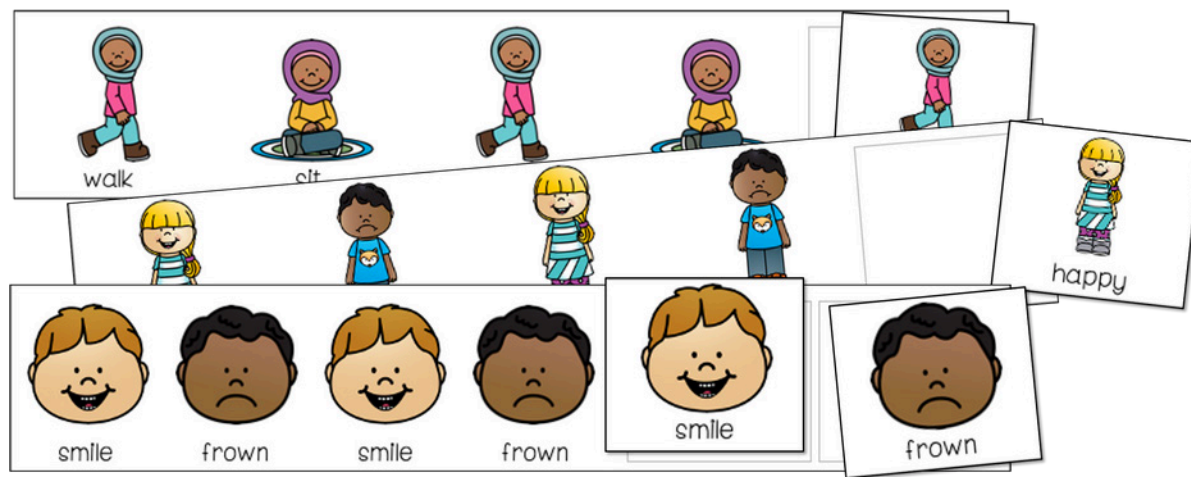
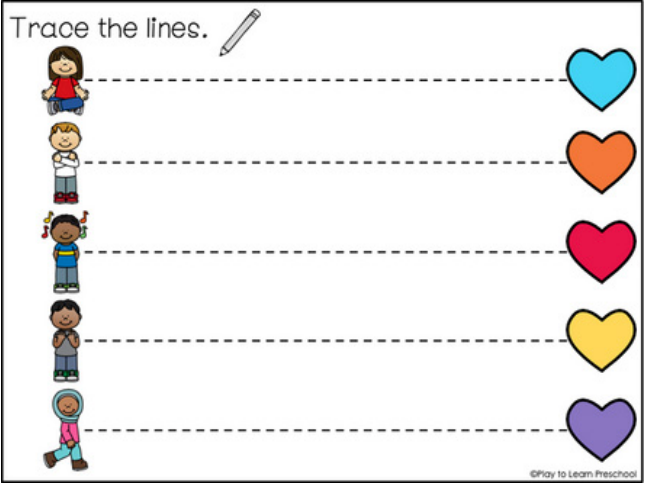
Which one is missing?

“The students had a **BLAST** with these activities!”

★ ★ ★ ★ ★

**PROVIDE PURPOSEFUL & ENGAGING INSTRUCTION**



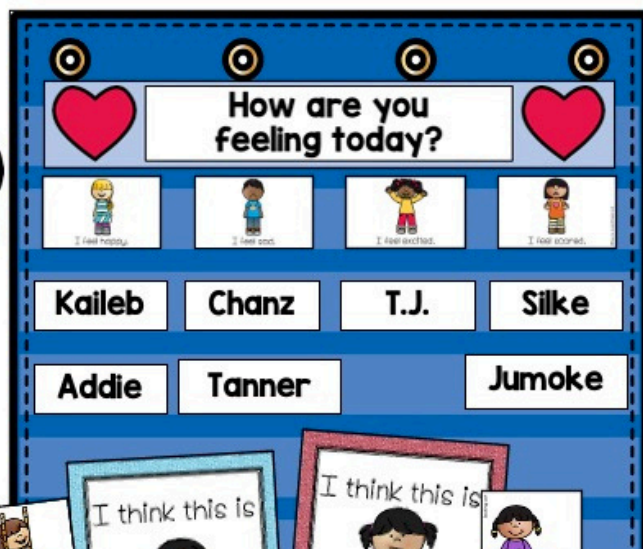
**BUILD CONFIDENCE WITH  
INDEPENDENT CENTERS**

Circle Time

10  
LESSONS

# EMOTIONS

## Preschool Unit



Play to Learn Preschool

“Recognizing emotions can be challenging for little ones, but this unit made it so easy to teach!



**BUY NOW**

MAKE TEACHING EMOTIONS

# STRESS FREE!

# HAVE FUN PLAYING AND LEARNING WITH YOUR STUDENTS!

## Meet Jamie

Jamie is the founder and C.E.O of Play to Learn Preschool. She has her bachelor's degree in Early Childhood Education and a master's degree in reading education. She has taught in both public and private schools and works tirelessly to create meaningful and delightful preschool experiences for both her virtual and in-person preschool students.



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