



just 10 minutes

Song Card Notebook

www.justtenminutes.org

If You're Happy and You Know It



Learner Goals
I can follow simple
motor directions

LYRICS

If your happy and you know it, clap your hands!

If your happy and you know it, clap your hands!

If you're happy and you know it,

Then your face will surely show it.

If your happy and you know it, clap your hands!

2. If you're happy and you know it, stomp your feet...

3. If you're happy and you know it, shout hurray...

ACTIVITIES

Enjoy singing this song as you perform the predictable motor motions together. You can add more verses with different movements if you like.

Add different verses with different emotions. An example is: "If you're silly and you know it, tickle yourself!" or "If you're tired and you know it, close your eyes" or "If you're angry and you know it, stomp your feet!" These adaptations can be a fun way allow for your child to begin recognizing and labeling emotions in themselves and others.

Our music videos provide an opportunity for YOU to learn a new song so that you can sing it face-to-face with your child. Your child likes your voice best, so share your voice as you enjoy this song together.



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Character Song Card

If You're Happy and You Know It

Our character song cards are a fun and beneficial way to bring music and connection into your family's routine. They empower your child to choose songs for you to sing together, making music a collaborative and joyful experience.



If You're Happy and You Know It



Making Your Cards Last:

To get started, simply print the cards, trim them, and cover them with packing tape to make them durable for little hands. Storing them in a small bag makes it easy to bring your "Bag of Songs" along in the car, your purse, or a diaper bag.

How They Benefit Your Child:

Boosts Early Literacy:

As your child chooses a card, they begin to connect a picture with a specific song. This is a foundational step in understanding that pictures have meaning, which is a crucial early literacy skill.

Fosters Predictability & Security:

This simple, shared routine of choosing and singing songs offers your child the predictability, structure, and connection they crave. These experiences help to soothe and regulate their feelings, making them feel safe and understood.

Provides a Great Diversion:

Your "Bag of Songs" is a perfect, on-the-go tool to help with tricky moments like car rides or waiting at the doctor's office.





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More Magic Awaits!

Stay connected with us and discover the next moments of fun, creativity, and joy.

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