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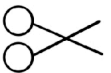
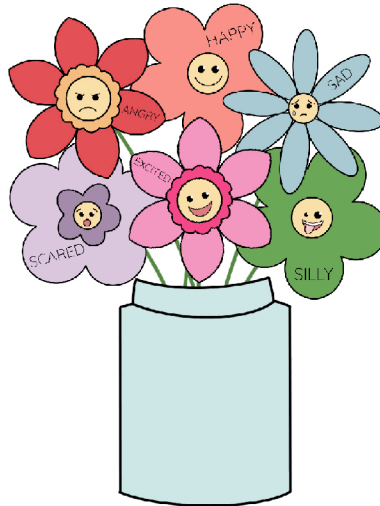
# My Feelings Flowers

## Instructions:

1. Cut out each flower. Tape a large popsicle stick to the back of each flower. Tape the label onto a pint-sized jar, and fill the jar ½ full with dry beans. Place the flowers in the jar.
2. Have your child pull out one flower. Talk about the feeling on each flower. Explain that we can have many different feelings. Sometimes we feel happy or excited. Sometimes we feel sad or angry. Ask your child what they can do when they feel happy, sad, angry, excited, etc.
3. Sing “If You’re Happy and You Know it” changing the words for each different feeling.

Some ideas for alternate words:

If you’re happy and you know it, clap your hands.  
If you’re sad and you know it, get a hug.  
If you’re angry and you know it, take a breath.  
If you’re scared and you know it, say a prayer.  
If you’re silly and you know it, jump around.  
If you’re excited and you know it, shout ‘hooray’!



## MY FEELINGS FLOWERS

