

# Sign Sing & Shimmy

LOVE  SIGN PRESCHOOL



The Theme for February is Emotions and Feelings!

## February Schedule

### Week 1

Our Feelings and the feelings of others

### Week 2

Valentine's Day special—Family review and the people we love

### Week 3

Emotions

### Week 4

Wellbeing and Safety

### Teachers

Marni Sloves and Courtney Krueger

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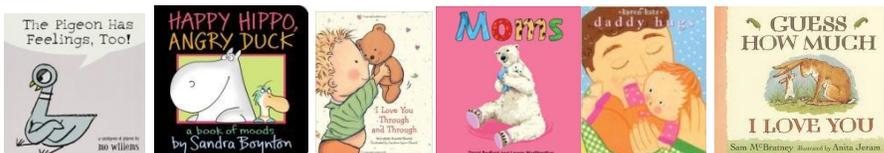
Since February is the month of love, we thought this would be a great time to focus on our feelings and the love we hold for our family and friends. We will start the month by discussing basic feelings and learning signs like "happy," "sad," "laugh," "cry," and "sorry." We'll emphasize the importance of being a good friend and always considering



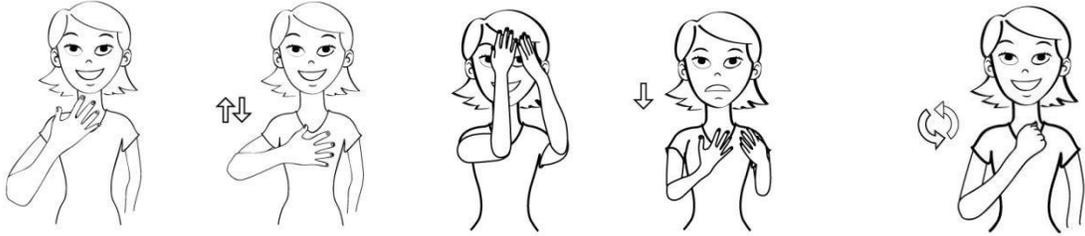
the feelings of others. During Valentine's Day week, we will review family signs and celebrate the love and relationships in our lives. As the month progresses, we will dive into more complex emotions and continue learning new activities and songs.

We'll end the lesson with important signs regarding physical feelings, wellbeing, and safety.

Here are some feeling books to read and sign at home:



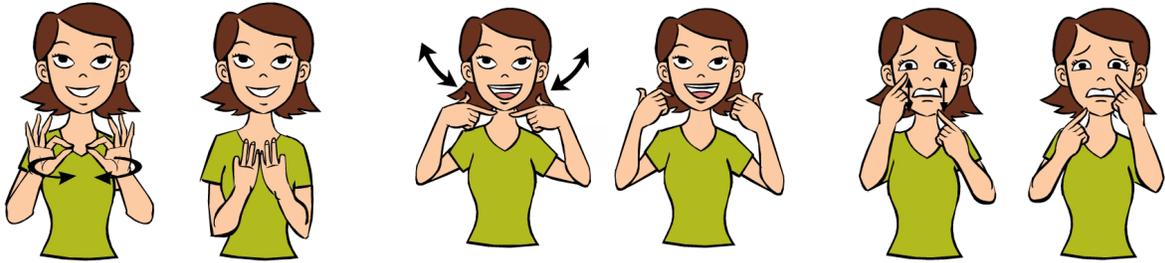
# Some Emotion Signs



Happy

Sad

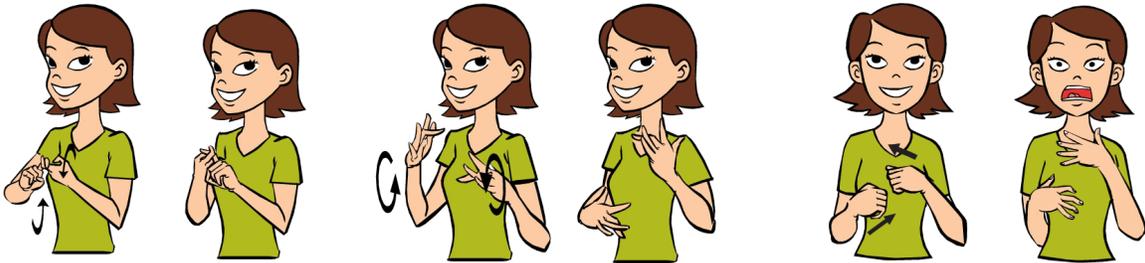
Sorry



Family

Laugh

Cry



Friend

Excited

Scared



Love

Help

Sick

## Songs about Feelings and Emotions

### "I Love You"

(From *Barney*)

I LOVE you, you LOVE me,  
we're a HAPPY FAMILY,  
with a great big hug and a kiss from me to  
you,  
won't you say you LOVE me too!

### "I Love You Mommy"

(to tune of "You are My Sunshine")

I LOVE you MOMMY,  
My dearest MOMMY,  
You make me HAPPY,  
When I am SAD,  
I want to tell you,  
I really LOVE you!  
When I'm with you, I feel very GLAD!

Substitute in Daddy

### "Crying Laughing"

(To the tune of "Frere Jacques")

If I'm CRYING, if I'm CRYING,  
Then I'm SAD, then I'm SAD,  
But if you see me LAUGHING, If you see  
me LAUGHING,  
Then I'm GLAD, then I'm GLAD.

### "If You're Happy and You Know It"

If You're HAPPY and you know it, LAUGH out  
loud,  
If you're HAPPY and you know it, LAUGH out  
loud,  
If you're HAPPY and you know it, then your  
face will surely show it,  
If you're HAPPY and you know it, LAUGH out  
loud.

If you're SAD and you know it, CRY out loud,  
If you're SAD and you know it, CRY out loud,  
If you're SAD and you know it, then your face  
will surely show it,  
If you're SAD and you know it, CRY out loud.

### "Feelings Pokey"

You put your HAPPY face in, you take your  
HAPPY face out, you put your HAPPY face in  
and you shake it all about,  
You show us how you're FEELING and you turn  
yourself around,  
That's what it's all about! (clap, clap)

Substitute in Sad, Excited, Scared, Mad, Silly

### "Please and Thank You"

(To the tune of "Frere Jacques")

PLEASE and THANK YOU, PLEASE and  
THANK YOU,  
Are words we say, throughout the DAY,  
And if I see you CRYING, I will always HELP  
you,  
In any way, In any way.