

Chat, Play, Share

[If you're happy and you know it - BBC Teach](#)

**If you're happy and
you know it....**

**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 and you really
want to show it**

**If you're happy and you
know it clap your hands**

Younger children

Sit with your baby facing you. Say their name to encourage them to look at you as you are singing. Smile and use a singsong voice to keep their attention. You can either hold your baby's hands in yours as you are clapping or clap your hands and your baby can copy you. Try making up your own verses and add the actions - nod your head, wave your hands, show your tongue, blow a kiss are all actions you can try with your baby while sitting.

Older children

When your child has learnt the song add in some more actions such as nod your head, clap your hands and stamp your feet. Sing the last line as 'If you are happy and you know it do all three!' and try to do all the actions at once. Can your child think of any new actions? Can they give you the instruction and then you can carry out the action?

Sing the words to your child but leave out the actions. If your child can carry out the actions, you know they can understand the language you are using rather than copying your movements.

Chat Play Share...Other ideas you could try....

Share a book together linked to this rhyme. Chat about the pictures and story. Make comments and ask simple questions. Examples of books:

- I like myself by Karen Beaumont
- The way I feel by Janan Cain
- Jump – board book by Tatsuhide Matsuoka
- Heads, shoulders, knees and toes by Annie Kubler
- The bouncy jumping game by Andrew Davenport



What's the action?

Think of everyday activities such as brushing your teeth, washing up or putting on a coat. Mime these actions and ask your child to guess what you are doing.

Does your child want to do a mine so you can guess what they are doing?



Sing out emotions

Talk to your child about how you could add different emotions into the song. Start by using simple emotion words such as sad, bored, excited and cross. Use more complex emotions if your child will understand what they are.

Think of actions that could match these emotions and sing them in the song such as:

If you're sad and you know it cry a tear...

If you're bored and you know it give a sigh....

If you're excited and you know it dance around...

If you're cross and you know it shout out loud...

You could think of ways to deal with these emotions such as:

If you're bored and you know it play with bricks.

If you're cross and you know it kick a ball.

