

Cumbria County Council

Chat Play Share

Rhymes and songs

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

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

Birth – 2 years



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. Nod your head, wave your hands, show your tongue, blow a kiss are all actions you can try with your baby while sitting.

2-3 years



Smile and say your child's name to encourage them to watch your face while you are singing. You can use lots of other actions such as nod your head, stamp your feet, wave your hands that your child can copy. Sing the words and 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.

3-4 years



When your child has learnt the song carry out some more actions such as nod your head, clap your hands and stamp your feet. Sing the last line "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?

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

Share a book together about this rhyme.

Chat about the pictures and story. Make comments and ask simple questions.

I like myself by Karen Beaumont

The Way I Feel by Janan Cain

Jump – board book by Tatsuhide

Matsuoka

The Bouncy Jumping Game – Board book



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.

