

Fit Kids Healthy Kids – My Clipboard

Lesson 1

If You're Happy and You Know It

Game Description:

Great song to get little ones moving and grooving.

Objective:

Follow the singers instructions on what to do if you are happy

Game Rules:

Sing the song "If You're Happy and You Know It".
Pick actions that are active. Examples include, stomp your feet, turn a round, skip over there, run over here, jump up high, high five a friend, etc.
Verse- "If you're happy and you know it _____ (say an action), If you're happy and you know it _____ (same action) If you're happy and you know it, and you really want to show it, if you're happy and you know it _____ (same action)."

AGE:

2 to 3 years
4 to 6 years

TYPE OF ACTIVITY:

Multi-skill game
Warm up/Cool down

SPACE NEEDED:

Large Space (Gym, Multipurpose Room, Playroom)
Medium Space (Classroom, Empty Room)
Small Space (Hall, Furnished Room)
Field / Park

HOW MANY LEADERS ARE NEEDED:

Only 1

HOW BIG OF A GROUP IS NEEDED:

One person
Pair
Small group (3-5 kids)
Medium group (6 - 15 kids)
Large group (16+ kids)

TYPES OF SKILLS PRACTICED:

Balance
Coordination
Gallop
Hop
Jump
Rhythm
Run
Skip