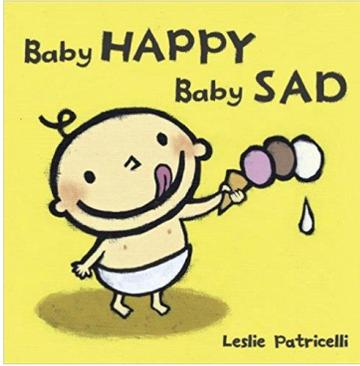




# SEEDS for Story Time

## Promoting Social Emotional Development Through Books



### ***Baby Happy, Baby Sad***

By Lisa Patricelli

**A** towering ice-cream cone makes Baby HAPPY. But when that delectable treat goes splat, it makes Baby SAD. And how quickly HAPPY turns to SAD when a favorite red balloon flies away! Even the littlest listeners will relate to this playful look at a pair of emotions that are part of every baby's day. (Ages 2-4)

### Introducing this book to young children:



**SED2.1b**

While reading the story, pause and ask children if they feel the same way the baby does. For example, do they feel happy when they play together with friends? Ask what other kinds of things make them feel happy. Ask if they feel sad when they drop their ice cream and what other things make them sad. Do they think the same kinds of things that make them feel happy or sad would also make baby happy and sad?



**SED5.1d**

Create a sorting game for the children using baby and the things that make him happy and sad in the Photocopy the pages showing baby happy and sad, and attach them to cardstock. Create a large chart one poster board with a happy face and the word on one side and sad on the other. Give each child a picture from the book and have them place it on the chart to correspond with the emotion on the page.



**CLL1.1b**

During group time, play a new version of "Simon Says" using emotions and substitute the teacher's name for Simon. For example, say "Ms. Susan says make a happy face.... Ms. Susan says make an angry face and stomp your foot." This is a great activity that can be used throughout the day, such as during transitions or as outdoor play.



**SED2.2a**

Provide a variety of play telephones to use in the classroom. Have the children use the phones to express how they feel. Encourage the children to call a friend and tell the friend about it.

# SEEDS for Story Time

Repeated readings of the same book provides opportunities for toddlers to develop a sense of competence and confidence. Children learn to point at and label pictures, turn pages, discuss the story, and make predictions of what will happen next, while learning new words and relating the story to their own experiences. Read *Baby Happy, Baby Sad* for several days in a row and use some of the ideas, activities, and teaching opportunities listed below to enhance social and emotional skills.



## GELDS Activity Spotlight

### Art

Make your own classroom book! Discuss with the children all the things that made baby happy. Have each child identify one thing that makes them happy in the classroom. Take a photo of each child doing the thing that makes him/her happy and print all the photos. Attach the photo to sturdy construction paper and write "(child's name) is happy when....). Allow child to decorate their page. Punch holes in each page to create a book. [SED2.2b](#)

### Music

Encourage children to create their own versions of the classic song "If you're happy and you know it" using things that make them happy. Create a chart with each child's name and what makes them happy to personalize the song; "When Quinn is happy and she knows it, Quinn sings," "When Tyler is happy and he knows it, Tyler plays outside". Personalizing the songs helps children feel important and to understand the emotions of others. [SED2.2a](#)

### Dramatic Play

Have a conversation with the children about feeling happy vs. sad. How we can tell when someone is feeling sad? What can we do to help cheer the children up? Encourage children to act out scenes where they will practice these skills. Have children take turns being in different roles. Some children can pretend to be sad, while others can pretend to help cheer them up or find something that makes them happy. Once children decide what will make them happy, act out this activity as well. [APL5.1a](#)

## Focus on Family

Get two baskets or containers. Make a sign for one that says "happy" with a happy face and one for the other basket that says "sad" with a sad face. Cut out lots of pictures from magazines and give them to your child. Sit with your child and look through the pictures. Ask which basket which picture should go in [SED5.1d](#)

As you're changing your toddler's diaper, make eye contact with them and sing this song (to the tune of *This Old Man*):

*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?*

Feel free to add your own finger/hand movements to make this ritual your own. [SED4.1b](#)

