I'm a Little Pumpkin
(sing to tune of "I'm a little teapot" or chant)
I'm a little pumpkin, fat and round,
Here is my face, making a frown.
I'm a little pumpkin, tall and thin,
Here is my face, making a grin.
I'm a little pumpkin, I've got style
Here is my face making a smile!
(this would be fun to use with pictures or flannel board pieces; have children make the faces with you)

Happy To Be Me
(Children fill in the blanks with their own info)
( ) is my hair,
( ) are my eyes,
I'm ( ) years old,
I'm just the right size,
My name is ()
And as you see,
I'm very happy to be me.

Sometimes I'm Tall
Sometimes I'm tall
Sometimes I'm small
Look and you will see
The very best size is me!

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,
Then your face will surely show it,
If you're happy and you know it, clap your hands.
If you're sad and you know it, wipe your eyes,
If you're sad and you know it, wipe your eyes,
If you're sad and you know it,
Then your face will surely show it,
If you're sad and you know it, wipe your eyes.
Repeat with other verses like...
If you're angry and you know it, stamp your feet,
If you're worried and you know it, give a shake,
If you're excited and you know it, jump up and down!

This is Pumpkin Happy
(let your face show the different emotions or find pictures of pumpkins online—Google)
This is pumpkin happy, this is pumpkin sad,
This is pumpkin frightened, this is pumpkin mad.
But the way I like him best is this
And I will tell you why
It's when he's baked right into a pumpkin pie.

Things to do Together
• Food Snack Faces—Let children explore different emotions through creating their own food faces! You could make pizza faces (English muffins/bagels, tomato sauce, cheese, and veggies to make the faces) OR cracker faces (crackers, cream cheese, raisins or other dried fruit)
Ask children: what does a happy face look like? Sad face? Frightened?
• Good versus Bad Feelings—Make a feelings chart with things that make us feel good versus bad. Tear out images from old magazines and let children select what goes on the chart. A great opportunity for discussion.
• Carnival of the Animals by Camille Saint-Saens—And other classical music bring out many different feelings in all of us. Play this recording (available through the library) for children and talk about how the music makes them feel.

Other Resources
Getting to Know Myself by Hap Palmer (CD)