

# Happy and You Know It: A Music and Movement Adventure

**Subject:** Early Childhood Development (Music, Gross Motor Skills, Language)

**Age Group:** 1-2 years old

**Time Allotment:** 5-10 minutes

**Lesson Context:** This lesson is perfect for a one-on-one setting like homeschool, but can easily be adapted for a small parent-and-child group or an early childcare classroom.

## Learning Objectives

By the end of this lesson, the learner will be able to:

- Show enjoyment and engagement through smiling, laughing, or babbling during the song.
- Attempt to imitate at least one simple physical action (like clapping, stomping, or waving).
- Begin to connect spoken words (e.g., "clap," "stomp") with their corresponding actions.

## Materials Needed

- A clear, safe space on the floor with room to move.
- Your own voice and body for singing and demonstrating!
- **Optional:** A child-safe mirror placed at the child's level.
- **Optional:** Simple percussion instruments (e.g., egg shakers, a rattle, a small drum).
- **Optional:** A favorite stuffed animal or doll.

## Success Criteria

Success is measured by the child's happy participation, not perfect imitation. A successful session looks like:

- The child watches the adult's actions with interest.
- The child smiles, giggles, or makes excited sounds.
- The child moves their body in response to the music, even if the movement isn't a perfect match (e.g., wiggling, kicking feet).
- The child makes an attempt, however small, to clap, stomp, or shout.

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## Lesson Plan

### Part 1: Introduction (The "Get Ready" Phase)

**Time:** 1-2 minutes

**Educator's Talking Points:**

1. **The Hook (Grab Attention):** Sit on the floor facing the child at their eye level. Use a bright, happy, and excited tone of voice.
  - "Hi! Are you ready to play? Let's sing a happy song! A really, really happy song!"
  - Smile widely. You can play a quick game of peek-a-boo to get them giggling and focused on you.
2. **State the "Objective" (Set Expectations):** In simple, clear terms, tell them what's about to happen.
  - "We are going to sing! And we are going to clap our hands! Can you clap? Clap, clap, clap!" (Model clapping your hands enthusiastically).
  - "And we will stomp our feet! Stomp, stomp, stomp!" (Model stomping your feet on the floor so they can see and hear it).

## Part 2: Body (The "Sing and Do" Phase)

**Time:** 3-6 minutes

This section follows the 'I do, We do' model, where the 'You do' is the child's joyful participation.

### I Do (Modeling the Actions)

1. **Isolate the Action:** Before singing, clearly demonstrate each action one by one. Say the word as you do it.
  - "Look! Clap hands! Clap, clap, clap." (Make the sound loud and the motion big).
  - "Now, stomp feet! Stomp, stomp, stomp." (Make a fun stomping noise).
  - "And a big 'Hooray!' Ready? HOORAY!" (Throw your hands up in the air with a big, happy shout).

### We Do (Guided Practice Together)

1. **Sing the First Verse Slowly:** Sing the first part of the song slowly and clearly, exaggerating the action.
  - (*Singing*) "If you're happy and you know it, clap your hands!"
  - Immediately clap twice with big motions, making eye contact and smiling. Say "Clap, clap!"
  - Pause and look at the child expectantly. If they move their hands at all, give lots of praise: "Yay! Good clapping!"
2. **Gentle Assistance:** If the child is watching but not moving, you can gently take their hands and help them clap while you sing. "Let's clap together! Clap, clap!"
3. **Repeat with Other Verses:** Do the same for the other verses.
  - (*Singing*) "If you're happy and you know it, stomp your feet!" (Stomp, stomp!)
  - (*Singing*) "If you're happy and you know it, shout 'Hooray!'" ('HOORAY!')

### You Do (Independent Participation)

1. **Put It All Together:** Now, sing the song all the way through at a regular pace with high energy. Do all the actions enthusiastically.
2. **Observe and Encourage:** Watch what the child does. Do they kick their feet when you stomp? Do they babble when you shout "Hooray"? Do their hands move when you clap? All of these are forms of participation. Acknowledge their efforts with praise. "I see you kicking your feet! That's a happy stomp!"
3. **Repeat, Repeat, Repeat:** Repetition is key for this age group. Sing the song two or three times in a row. They will become more familiar and confident with each round.

## Part 3: Conclusion (The "All Done" Phase)

**Time:** 1-2 minutes

1. **Recap and Reinforce:** Calm your energy down slightly. Briefly review the actions with simple words.
    - "That was so much fun! We clapped our hands!" (Do one last gentle clap).
    - "And we stomped our feet!" (Do one last gentle stomp).
    - "You were so happy!"
  2. **Closure:** End the lesson with a positive, affectionate action to signal that the activity is over.
    - "All done with our song! Let's have a big hug!"
    - Give the child a hug or a gentle tickle to end on a happy, connected note.
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## Assessment and Observation

- **Formative (During the lesson):** Notice the child's reactions. Are their eyes following you? Are they smiling or laughing? Are they making any sounds? This observational data tells you if they are engaged.
- **Summative (After the lesson):** Reflect on the success criteria. Did the child participate in their own way? Did they show signs of enjoyment? Did they attempt to mimic an action, even if it was just a slight hand movement or foot wiggle? This helps you gauge their developmental progress and plan for the next time you do the activity.

## Differentiation and Adaptability

- **For a Child Needing More Support:**
  - **Hand-Over-Hand:** Gently guide their hands to clap or their feet to stomp.
  - **Simplify:** Focus on only one action for the whole song (e.g., sing three verses all about clapping).
  - **Use a Mirror:** Sit in front of a mirror so the child can see both you and their own reflection moving. This is highly engaging.
- **For a Child Ready for a Challenge:**
  - **Add New Verses:** Introduce actions like "pat your head," "touch your nose," "turn around," or "wave goodbye."
  - **Use Props:** Give them an egg shaker or rattle to shake instead of clapping. Use the stuffed animal to demonstrate the actions first: "Look, Teddy is clapping his hands!"
  - **Vary the Tempo:** Sing the song very slowly, then very fast, to see how they react and adapt their movements.