

Opening the Gift

Songs & Fingerplays

We Wiggle and Wiggle and Stop [Follow actions]

We wiggle and wiggle and stop
We wiggle and wiggle and stop
We wiggle and wiggle and wiggle and wiggle
and wiggle and wiggle and stop
use ASL for stop
Repeat with twirl... clap... jump... bounce...

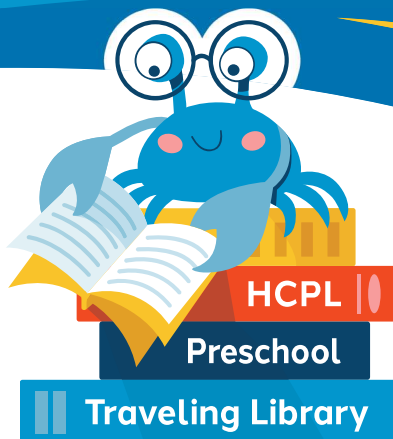
Shake My Sillies Out [Follow actions]

I'm going to shake, shake, shake my sillies out. [Repeat 3x]
And wiggle my waggles away.

I'm going to jump, jump, jump my jiggles out. [Repeat 3x]
And wiggle my waggles away.

Put Your Hands Up High **Tune: Do Your Ears Hang Low** [follow actions - repeat and get faster]

Put your hands up high, put your hands down low,
Put your hands in the middle and wiggle just so.
Put your elbows in the front, put your elbows in the back,
Put your elbows to the side and quack, quack, quack!



December 2025

Theme: How Are You Feeling? Books to Share

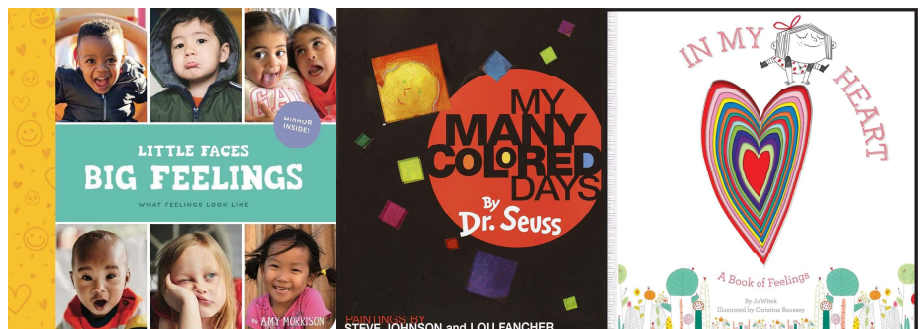
This December we are asking our children "How are you feeling?" We will be exploring emotions in Shelley Rotner's *Lots of Feelings* and Ed Eberly's *Go Away Big Green Monster*.

Children will cheer Little Quack along as he learns to be brave in *Little Quack*, by Lauren Thompson, and sing along with animal friends in *If You're Happy and You Know It*, by Jane Cabrera. In *Hedgehog Needs a Hug*, by Jan Betton, we will help hedgehog find a friend to cheer him up. So join us as we share some songs, stories, and rhymes to celebrate our feelings this month!

Lots of Feelings, by Shelley Rotner
Hedgehog Needs a Hug, by Jen Betton
If You're Happy and You Know It! by Jane Cabrera
Little Quack, by Lauren Thompson
Go Away Big Green Monster, by Ed Eberly

Music: "Let's Clap Our Hands Together"
from *Can a Cherry Pie Wave Goodbye?* by Hap Plamer

Looking for more book ideas? Check these out!



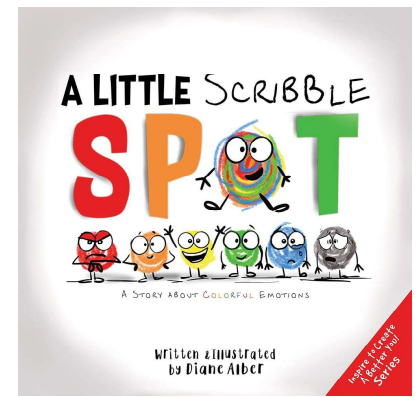
Harford County
Public Library

HCPLonline.org

Book of the Month from the Parent Teacher Collection

A Little Scribble SPOT: A Story About Colorful Emotions,
by Diane Alber, PTC 155.4124 ALB

It's healthy to experience emotions, but sometimes they get jumbled together and make us confused. This book helps us identify and manage our emotions. In our story, Scribble SPOT is tangled with so many emotions. He feels angry, happy, sad, peaceful, confident, and love all at the same time. With the help of a kind little boy and girl, Scribble SPOT learns how to separate emotions and become mindful of feelings and find happiness.



More Rhymes

ToeKnee Chestnut

[touch body parts as they are named]

Toe
Knee
Chest
Nut (head)
Eye
Love you *[cross hand on heart – point to children]*

Toe, knee, nose,
Toe, knee, nose

Toe
Knee
Chest
Nut (head)
Eye
Love you *[cross hand on heart – point to children]*
That's what Toe Knee Nose

I Have a Little Heart

I have a little heart,
[place hand over heart]
And it goes thump, thump, thump
[pat chest three times]
It keeps right on beating,
When I jump, jump, jump
[jump three times]
I get a special feeling, when I look at you.
[point to child]
It makes me want to give you a hug or two.
[hug yourself]

For more information,
visit us at hcplmd.org/otg/



Try a Fun Activity

Play a Game of Musical Feelings

Directions:

- * Draw feelings faces on paper plates or glue feeling faces from the National Center for Pyramid Model Innovation (<https://challengingbehavior.org/document/feeling-faces-cards-english-spanish-spanish-intro/>) and lay them out on the ground in a circle.
- * Play music and have students move around the circle until the music stops.
- * Students look at the card closest to them and hold a pose that demonstrates that feeling until the music starts again.



<https://www.weareteachers.com/social-emotional-learning-activities-early-years/>

EveryCHILD
Ready to READ®

Talking with children is a great way to build vocabulary. Using words to identify and describe children's emotions not only builds emotional vocabulary but also helps support social emotional learning. Use a wide variety of words, for example, "You look [happy, joyful, excited, worried, anxious, nervous]" to help children really grow their vocabulary and their understanding of what they are feeling.

Talking | **Singing** | **Reading** | **Writing** | **Playing**

Questions or suggestions?

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