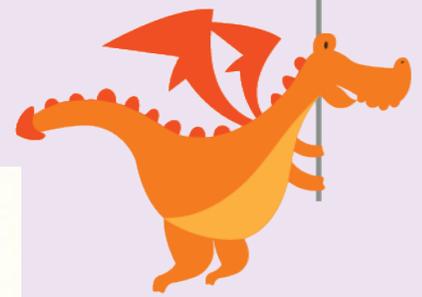
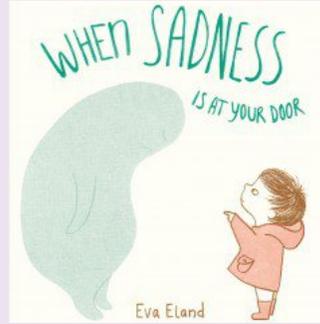
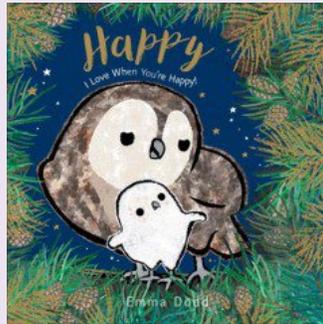
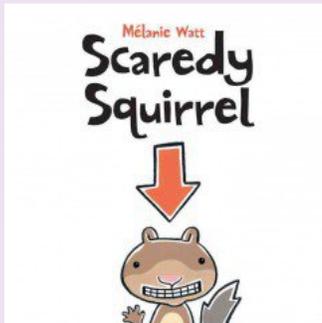


# STORYTIME To Go

## READ



## SING

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, your face will surely show it.  
If you're happy and you know it, clap your hands.

Make up additional verses with other feelings; such as; if you're angry and you know it, stomp your feet, or if you're scared and you know it, hide your eyes or if you're silly and you know it stick out your tongue! You can try this rhyme with any emotion you can name!

## TALK

How are you feeling right now? How many different words can you use to describe what you're feeling inside?

## PLAY

Next time you're outside see if you can guess how other people are feeling just by observing their expressions and body language. You can also play this game with people in your family. Can you tell if someone is feeling excited or frustrated without asking them? Knowing what emotions others are feeling is called empathy. Having empathy helps us to understand what others are going through and can make us kinder people!

## WRITE

Think about someone special and make a card for them telling them how much you care. You can decorate it with colors or stickers. Receiving your card will put a big smile on their face.

Tune in to virtual storytimes on Mondays, Wednesdays and Fridays at 11 a.m.  
Go to [library.loudoun.gov/calendar](https://library.loudoun.gov/calendar) for more details.

# Children

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