**FEBRUARY /febjułeri/- LUTY**

**Emotions** /imołszyns/- emocje

I’m scared /skert/- Jestem przestraszony

I’m happy!- Jestem szczęśliwy

I’m sad- Jestem smutny

I’m surprised /ajm surprajst/- jestem zaskoczony

I’m sleepy- jestem śpiący

I’m angry- jestem zły

I’m mad- jestem zdenerwowany

take a nap- mieć drzemkę

shy- nieśmiały

I’m cold- zimno mi

I’m hot- gorąco mi

I’m quiet /kłajet/- jesyem cicho

I’m noisy- jestem głośno

cry- płakać

shake- trząść

hide /hajd/- chować

The song: *If you’re happy’*

If you’re happy, happy, happy clap your hands!

If you’re angry, angry, angry stamp your feet!

If you’re sleepy, sleepy, sleepy take a nap!

If you’re sad, sad, sad you can cry!

The song: ‘*How are you feeling today?’*

Refren: Feelings, feelings, lots of different feelings,

How are you feeling today?

1. Today is my birthday, I am happy, I am happy.

I’m playing in the park, I am happy, I am happy.

I’m eating an ice cream, I am happy, I am happy.

I’m hugging mummy, I am happy, I am happy.

Refren: Feelings, feelings…

2. Today it is rainy, I am sad, I am sad.

I hurt my knee, I am sad, I am sad.

I am hungry, I am sad, I am sad.

My toy is broken, I am sad, I am sad.

Refren: Feelings, feelings…

3. I lost my daddy, I am frightened, I am frightened.

The slide is too high, I am frightened, I am frightened.

Here comes a shark, I am frightened, I am frightened.

It’s very dark, I am frightened, I am frightened.

Refren: Feelings, feelings…

4. It’s story time, I am calm, I am calm.

I’m stroking my cat, I am calm, I am calm.

I’m sleeping in the sun, I am calm, I am calm.

I’m floating in the sea, I am calm, I am calm.

The rhyme: *‘Happy’*

1. Happy, happy!

What do you do when you are happy?

I play!

I run!

I sing!

What do you do when you are happy?

2. Frightened, frightened!

What do you do when you are frightened?

I cry!

I hide!

I shake!

What do you do when you are frightened?

Polecane piosenki i materiały:

Emotions song: <https://www.youtube.com/watch?v=l4WNrvVjiTw>

Action song: <https://www.youtube.com/watch?v=dUXk8Nc5qQ8>