

# 16 Under the cover

RESOURCES ▶ CD track 19 ▶ Children's book

## Choose this song

- To encourage children to express feelings.
- To help creative development.

## Get ready

- Have the children sitting in a circle on the floor, with a blanket in the middle.
- Introduce the song by hiding a puppet under the blanket and talk about how it might be feeling, e.g. shy, angry, etc.
- Bring the puppet out from beneath the blanket and make it act out how it feels.

## Sing this song

- Sing through part 1 of the song, hiding the puppet under the blanket. When you get to part 2, bring the puppet out to show how it is feeling. Try to sing part 2 in a way which reflects the puppet's emotion.
- Ask a child to hide under the blanket. Sing through part 1, encouraging all of the children to join in.
- Stop singing at the end of part 1 and ask the child to come out from beneath the blanket. Ask them to show how they are feeling, e.g. happy, frightened, etc.
- All together, try to sing part 2 in a way which expresses the child's emotion, e.g. if the child is angry, everyone might sing in a growly voice.

## Ideas

### Exploring facial expressions

- (a) Talk with the children about faces, the colour of eyes, skin, and hair, and how faces help to show what we feel.
  - (b) Play 'Funny faces' (a bit like 'Simon says . . .').
  - (c) Ask the children to cover their faces with their hands.
  - (d) Everyone counts '1, 2, 3, . . .' and waits for you to suggest a feeling, e.g. sad.
  - (e) Everyone takes away their hands and tries to make a sad face.
  - (f) Repeat using other emotions.
  - (g) If you say 'Funny face' only (with no counting), everyone has to pull a funny face.

### Using the whole body to express feelings

2. When singing the song, encourage the children to use their bodies and faces (in addition to their voices) to express their emotions, e.g. if the chosen feeling is 'excited', everyone might sing in squeaky voices, smile, and jump up and down.

**Note:** Some children may find it easier to express their emotions through using a puppet or favourite teddy.

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**Expressively**

Linda Bance

Part 1

I am hid - ing un - der the cov - er, un - der the cov - er, un - der the cov - er.

5

I am hid - ing un - der the cov - er, guess how I will be?

Part 2

9

I'll be ve - ry, ve - ry hap - py,\* ve - ry, ve - ry hap - py, that's how I will be.

\*Change as required.