

PEDALS Emotion Commotion: Fun Songs to Explore Feelings



Incorporating music that reflects various emotions can be a powerful tool in helping children identify, express, and manage their feelings. Aligned with the Positive Emotional Development and Learning Skills (PEDALS) program, here is a curated list of kid-friendly songs, each associated with a specific emotion:



Happiness

"IF YOU'RE HAPPY AND YOU KNOW IT"

An interactive song that encourages children to express their happiness through actions, reinforcing the connection between emotions and physical expression.

"HAPPY" BY PHARRELL WILLIAMS

An upbeat tune that celebrates joy, inviting children to experience and embody positive emotions.

Sadness

"IT'S ALRIGHT TO CRY" BY CAROL HALL

This gentle song normalizes sadness, validating children's feelings and promoting emotional expression as a healthy coping mechanism.

"WHEN SHE LOVED ME" BY SARAH MCLACHLAN

A tender melody that can facilitate discussions about loss and longing, helping children process complex emotions.

Anger

"THE MAD SONG" BY THE LEARNING STATION

This song acknowledges feelings of anger and provides constructive outlets for expression, aiding in emotional regulation.

"IF YOU'RE ANGRY AND YOU KNOW IT"

A variation of the classic tune that addresses anger, encouraging children to identify and express this emotion appropriately.

Fear

"THE SCARED SONG" BY THE KIBOOMERS

Assists children in identifying feelings of fear and encourages open discussion, fostering a sense of safety and understanding.

"I AM NOT AFRAID" BY JACK HARTMANN

Empowers children to confront and manage their fears, promoting resilience and self-assurance.

Love

"SKIDAMARINK"

A sweet song expressing love and affection, reinforcing feelings of security and belonging.

"L-O-V-E" BY NAT KING COLE

A classic tune that spells out the word "love" in a fun and engaging way, enhancing emotional literacy.

Surprise

"SURPRISE SONG" BY COCOMELON

Introduces the concept of surprise in a playful manner, helping children navigate unexpected emotions.

"WHAT'S THAT SOUND" BY SUPER SIMPLE SONGS

Encourages curiosity and the excitement of discovery, associated with the emotion of surprise.

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Disgust

"THE YUCKY SONG" BY THE KIBOOMERS

Helps children understand the feeling of disgust in a lighthearted way, promoting emotional awareness.

"I DON'T LIKE THAT!" BY MISS PATTY

Addresses the emotion of dislike and how to express it appropriately, fostering healthy communication.

Calmness

"BREATHE IN, BREATHE OUT" BY BETSY ROSE

Encourages mindfulness and calmness through deep breathing, aiding in stress reduction.

PEACE LIKE A RIVER

A soothing song that promotes a sense of peace and tranquility, supporting emotional regulation. reinforcing feelings of security and belonging.



PEDALS TIPS FOR EDUCATORS:

- By incorporating these therapeutic melodies into your classroom routine, you can create an engaging and supportive environment that aligns with PEDALS principles, aiding children in recognizing, expressing, and managing a wide range of emotions.
- Singing helps children learn new words and expand their vocabulary. The repetition in songs reinforces language patterns, helping children understand rhyming and rhythm.
- Singing with others encourages cooperation and turn-taking. It also provides emotional expression through music, helping children understand and communicate their feelings.
- Repeating songs helps children develop their memory. The structured nature of songs teaches sequencing, as children learn to anticipate what comes next in the lyrics.