

## Self-Esteem Storytime

### Shake My Sillies Out

Gotta shake, shake, shake my sillies out  
Shake, shake, shake my sillies out  
Shake, shake, shake my sillies out  
And wiggle my waggles away.

Gotta clap, clap, clap my crazies out...  
Gotta jump, jump, jump my jiggles out...  
Gotta yawn, yawn, yawn my sleepies out...  
Gotta stretch, stretch, stretch my stretchies out  
Gotta shake, shake, shake my sillies out...

### Open Them, Shut Them

Open them, shut them  
Open them, shut them  
Give a little clap.  
Open them, shut them  
Open them, shut them  
Put them in your lap.

Creep them, creep them  
Creep them, creep them  
Right up to your chin.  
Open up your mouth  
But do not put them in.

Open them, shut them  
Open them, shut them  
Give a little clap.  
Open them, shut them  
Open them, shut them  
Put them in your lap.

### Yes I Know

Yes I know I am unique  
From my head down to my feet  
(Point to head, then feet)

Yes I know I am worthwhile  
I can see it in your smile  
(smile)

Yes I know I am okay  
I can tell by what you say  
(point to mouth)  
Yes I know I'm loved so much  
I can feel it in your touch  
(wrap arms around self)



### Things I Can Do

I can run fast (*run in place*)  
I can walk slow (*walk in place*)  
I can bend down (*bend down*)  
And touch my toe. (*bend and touch toe*)

I can look up (*look up*)  
I can look down (*look down*)  
I can make a face  
Just like a clown (*make a silly face*)

### I'm Special

(*tune of London Bridge*)  
I am special, yes I am  
Yes I am, yes I am,  
I am special yes I am  
I'm very special.

No one else has hair like mine  
Hair like mine, hair like mine  
No one else has hair like mine  
I'm very special.

No one has a face like mine  
Face like mine, face like mine  
No one has a face like mine  
I'm very special.

No one else has eyes like mine  
Eyes like mine, eyes like mine  
No one else has eyes like mine  
I'm very special.

### If You're Happy and You Know It

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,  
And you really want to show it,  
If you're happy and you know it, clap your hands

If you're happy and you know it, stomp your feet  
If you're happy and you know it, stomp your feet  
If you're happy and you know it,  
And you really want to show it,  
If you're happy and you know it, stomp your feet

If you're happy and you know it, shout hooray—"Hooray!"  
If you're happy and you know it, shout hooray—"Hooray!"  
If you're happy and you know it,  
And you really want to show it,  
If you're happy and you know it, shout hooray—"Hooray!"

If you're happy and you know it, do all three.  
If you're happy and you know it, do all three.  
If you're happy and you know it,  
And you really want to show it,  
If you're happy and you know it, do all three