

KITTYCAT

SINGS about EMOTIONS

We're proud to present nine songs sung by Kittycat!
These songs are fun to sing together as a family, and they'll help
your little one learn about their emotions.

Listen and sing along with Kittycat!



I'm happy

I'm so happy
The sun is shining
I feel so light
Free and bubbly

When my heart is
All filled up
With such big joy

I just want to stand up tall and sing
SING
It... feels good and I'm

Just so happy
The sun is shining
I feel so light
Free and bubbly

When I see my friends
And they all smile
At me

I just really want to play with them
PLAY
It... feels good and I'm

Just so happy
The sun is shining
I feel so light
Free and bubbly

When my parents come
And say let's all
Go out

I just really want to jump and shout
SHOUT
That... I'm happy!

I'm excited

I just want to play
And run and hop
And there's just no way
That I can stop

It's because I'm so
Excited! excited!
I just want to jump
Up and down, up and down!

There's nothing to do
When I'm like this
I just cannot sit
Or stand quietly

It's because I'm so
Excited! excited!
I just want to jump
Up and down, up and down!

I have energy
For two, for three
My parents are out of breath
For me!

It's because I'm so
Excited! excited!
I just want to jump
Up and down, up and down!

It's because I'm so
Excited! excited!
And now look at me:
I'm tired, I'm tired!





I'm angry

There is thunder
Booming loudly inside me
There is lightning
Cracking o so scar-i-ly

Now my tummy's in a knot
And my body feels hot
I'm so angry I could burst

But I won't let that happ'n to me
Time to chase this storm away
So I take a big breath and blow out
I feel better now!

There's a big pot
Bubb-u-ling inside me
There's a big pot
That could spill so eas-i-ly

Now my tummy's in a knot
And my body feels hot
I'm so angry I could burst

But I won't let that happ'n to me
Time to turn the heat down low
So I take a breath and count to three
I feel better now!

There is fire
Roaring loudly inside me
There is fire
That could spread so ra-pid-ly

Now my tummy's in a knot
And my body feels hot
I'm so angry I could burst

But I won't let that happ'n to me
Time to take a deep breath
And be a brave fire-fighter
I feel better now!



I'm embarrassed

Sometimes I feel shy
And I don't know why
I look up and see
All those faces look'in at me

Kittycat, they say
You will be o-kay
We are cheering for you
We'll help you get through

But the words, they don't come
And my heart beats like a drum
There are tears in my eye
I feel so shy

I don't like
Feeling shy
No
Not at all

So I stand up tall
I tell myself I can
I take a great big breath
Yes I know I can

And look, you know what:
It's so crazy but
I'm like a bird in the sky
Flying o so high

Now the words come to me
And my heart starts to sing
No more tears in my eye
And I'm not shy

No
I don't feel
Embarrass'd
Not anymore

No
I don't feel
Embarrass'd
Not anymore

I'm surprised

I went into the kitchen
To get myself a cookie
I never thought I'd see
Mommy there drinking tea!

AAH!!!

I'm surprised and astonished
I did not expect this
I'm surprised and astonished
It even made me jump!

I wanted to watch TV
But when I turned it on
I never thought I'd hear
Such a big sound in my ear!

YEOW!!!

I'm surprised and astonished
I did not expect this
I'm surprised and astonished
It even made me jump!

I hear a knock at the door
I wonder who it is
I never thought I'd see
Hootly here to play with me!

YEAH!!!

I'm surprised and astonished
I did not expect this
I'm surprised and astonished
It even made me laugh!



I'm sad

Today my heart was so heavy
I could see gray clouds covering the sky and me
It felt like it was going to rain and rain
All day

First I lost my favourite toutou
I look'd in my room and then all over too
But it was gone and all I felt like was
Crying

Then bad things kept happening to me:
I fell down and banged my knee
It was really red and it hurt
So I cried and I felt sad

I hate it when I'm feeling like this
But then my parents were there to help me through
They listen'd to me and gave me big hugs
They cheer'd me up

And now the gray clouds covering me
Are all gone and my heart feels light and free
The rain has stopped and I can see the sun
Shining



I'm scared

Sometimes I am scared
Of big sounds
That I don't know

Or I see shadows
In the dark that
Look so strange

This makes me so scared
That I close
My eyes
Cuz I'm just too scared to look

A hairy monster
With three eyes
And big fat feet

A big black wolf
Who is hungry
And wants my toes

And when this happens
I call my parents
They say let's chase them away

My imagination
Can play
Bad tricks on me

When I get so scared
I just freeze and
Want to scream

Now when this happens
I just tell myself
I'm big, I'll chase them away

"Go away!"



I'm proud

Look I can put on my shoes
So easy to do
It makes me
So proud

I remember to say please
No one reminds me
It makes me
So proud

My heart feels so light
Just like a kite
Up in the clouds
I feel so proud!

Look I put my toys away
After I have played
It makes me
So proud

Even though I'm feeling shy
I give it a try
It makes me
So proud

My heart feels so light
Just like a kite
Up in the clouds
I feel so proud!

Your mommy or daddy says
You did well today
So you can
Be proud

Your heart feels so light
Just like a kite
Up in the clouds
And now you feel... so proud!



I'm calm

Sometimes I have such
A nice feeling
Like I'm lighter than
A feather

And when this happens
Day or night
I let my heart
Float up and sail away

My body's so still
It stops fidgeting

My body's happy
When it can relax

My body's resting
To get more energy

And my body says:
Thank you!

Sometimes I have such
A nice feeling
Like I'm lighter than
A big cloud

And when this happens
Day or night
I let my heart
Float up and sail away



My mind is so calm
So please leave it alone

My mind really likes
When it can relax

My mind's day-dreaming
It's full of great ideas

My mind says to me:
Thank you!

Sometimes I have such
A nice feeling
Like I'm lighter than
A sweet kiss

And when this happens
Day or night
I let my heart
Float up and sail away

Inside I am calm
My breath is a soft breeze

Inside I'm happy
When I can relax

Inside I feel soft
Like after a big hug

And I say to me:
Thank you!

