

Happy And Know It Clap Your Hands

Happy and Know It: Deconstructing the Clap and Cultivating Genuine Joy

The simple children's rhyme, "If you're happy and you know it, clap your hands," is more than just a playful ditty. It's a potent reminder of the connection between physical action and emotional expression. This post delves into the psychology behind this seemingly simple act, explores the science of happiness, and provides practical strategies to cultivate genuine joy in your daily life. *The Power of Physical Manifestation*: Our emotions are profoundly intertwined with our physical bodies. This mind-body connection is well-documented in fields like somatic experiencing and psychophysiology. The act of clapping, a physical manifestation of joy, isn't simply a passive observation of happiness; it actively **influences** our emotional state. This is due to the body's feedback loop: physical actions send signals to the brain, influencing our emotional experience. When we clap our hands, we engage multiple muscle groups, releasing endorphins – natural mood boosters. This physical release can literally lift our spirits, creating a positive feedback loop. Feeling happy prompts clapping, and clapping, in turn, reinforces feelings of happiness. This simple act becomes a powerful biofeedback technique, subtly shaping our emotional landscape. **Beyond Clapping: Exploring the Science of Happiness**: While clapping is a fun example, understanding the broader science of happiness allows us to cultivate joy more effectively. • **Positive Psychology**: This field focuses on strengths and virtues, emphasizing factors that contribute to well-being. Research highlights key elements like gratitude, mindfulness, connection, and purpose as crucial for sustainable happiness. • **Hedonic Adaptation**: This explains why material gains often provide only temporary boosts to happiness. We quickly adapt to new possessions or circumstances, requiring ever-increasing levels of stimulation to achieve the same level of joy. This highlights the importance of intrinsic motivators and meaningful pursuits. • **Social Connection**: Humans are inherently social creatures. Meaningful relationships, strong community ties, and supportive social networks have consistently been linked to increased happiness and well-being. **Practical Tips for Cultivating Genuine Joy**: Moving beyond the symbolic clapping, let's explore practical steps to nurture genuine happiness: 1. **Practice Gratitude**: Regularly reflect on aspects of your life you're grateful for. Keeping a gratitude journal, expressing thanks to others, or simply taking time to appreciate the small things can significantly impact your happiness levels. 2. **Mindfulness Meditation**: Regular mindfulness practice helps cultivate present moment awareness, reducing stress and anxiety while increasing self-awareness and emotional regulation. Even short meditation sessions can have a profound effect. 3. **Engage in Meaningful Activities**: Identify activities that align with your values and passions. Pursuing these activities, regardless of outcome, fosters a sense of purpose and fulfillment. 4. **Prioritize Social Connection**: Nurture your relationships. Spend quality time with loved ones, engage in activities with friends, and build strong community ties. 5. **Embrace Physical Activity**: Exercise releases endorphins, reduces stress, and improves sleep. Find activities you enjoy and make them a regular part of your routine. This doesn't have to be intense; a brisk walk can be immensely beneficial. 6. **Practice Acts of Kindness**: Helping others is linked to increased happiness. Acts of kindness trigger the release of oxytocin, a hormone associated with bonding and well-being. 7. **Set Realistic Goals**: Avoid setting unrealistic expectations. Instead, break down large goals into smaller, manageable steps, celebrating each accomplishment along the way. 8. **Learn to Forgive**: Holding onto resentment and anger negatively affects mental and physical health. Learning to forgive, both yourself and others, is crucial for emotional well-being. 9. **Seek Professional Help**: If you're struggling with persistent sadness or unhappiness, don't hesitate to seek professional help from a therapist or counselor. **Conclusion**: "If you're happy and you know it, clap your hands" is more than a childish rhyme; it's a powerful metaphor for the mind-body connection. While clapping might not solve all your problems, it offers a simple yet effective way to tap into the power of positive reinforcement. Cultivating genuine joy requires a multifaceted approach, encompassing gratitude, mindfulness, social connection, meaningful pursuits, and self-care. By consciously incorporating these strategies into our lives, we can move beyond fleeting moments of happiness and cultivate a lasting sense of well-being, a joy that resonates far beyond a simple clap of hands. **FAQs**: 1. **Is clapping really **that** effective at increasing happiness?** While not a standalone solution, clapping's impact lies in its physical manifestation of joy, triggering a helpful feedback loop via endorphin release. It's a symbolic act boosting mood, best utilized in conjunction with other happiness-building strategies. 2. **I'm not naturally a**

happy person. Can I still learn to be happier? Absolutely! Happiness isn't an innate trait but a skill honed through consistent effort. The strategies outlined above provide a roadmap to cultivate joy, even if you're starting from a challenging place. 3. **What if I feel guilty about being happy when others are struggling?** It's perfectly natural to feel empathy for those facing hardship. However, your own well-being is important. Cultivating happiness doesn't diminish your ability to empathize; rather, it empowers you to be a more effective support for others. 4. *How long does it take to see results from these strategies?* The timeline varies greatly depending on individual circumstances and consistency. Some people experience noticeable changes relatively quickly, while others may require more time and effort. Consistency is key. 5. **What if these tips don't work for me?** If you diligently apply these strategies and still struggle with persistent unhappiness, seeking professional help from a therapist or counselor is crucial. They can provide personalized guidance and support tailored to your unique needs. This post utilizes relevant keywords like "happiness," "joy," "mindfulness," "positive psychology," "well-being," and "emotional regulation" for improved SEO. Remember to optimize the title, meta description, and header tags for your chosen keyword strategy.

The Joyful Rhythm: Understanding and Embracing "If You're Happy and You Know It, Clap Your Hands"

There's a certain magic in simple, repetitive songs, isn't there? They lodge themselves in our memories, bringing smiles and a sense of shared experience. Among these timeless tunes, "If You're Happy and You Know It, Clap Your Hands" stands out as a universal anthem of joy. This beloved children's song, with its infectious melody and straightforward actions, has brought happiness to generations of kids and adults alike. But what is it about this song that makes it so enduring? Let's dive into the wonderful world of clapping, stomping, and shouting our way to happiness.

The Genesis of a Global Hit: Where Did It Come From?

While the exact origins of "If You're Happy and You Know It" are a little fuzzy, it's widely believed to have emerged in the early 20th century. Its roots are likely in folk music and traditional children's rhymes, evolving over time through oral tradition. It's the kind of song that doesn't need a single, definitive author; it belongs to everyone. Its simplicity and adaptability have allowed it to spread like wildfire, becoming a staple in preschools, kindergartens, and family singalongs across the globe. Think of it as a musical meme before memes even existed!

More Than Just a Song: The Psychology of "Happy and You Know It"

At its core, "If You're Happy and You Know It" is a powerful tool for emotional expression and recognition. For young children, it provides a concrete way to identify and vocalize their feelings. When a child feels happy, the song gives them the language and the action to express it. This is crucial for developing emotional intelligence and self-awareness.

The Power of Physical Engagement: Action Speaks Louder Than Words

The beauty of this song lies in its physical components. Clapping your hands, stomping your feet, shouting "Hooray!" – these aren't just random actions. They are deliberate, expressive movements that amplify the feeling of happiness. When you perform these actions, your body physically participates in the emotion. This kinesthetic learning is incredibly effective, especially for young children who learn best through doing. The physical exertion and the sound created can actually boost endorphins, those feel-good chemicals in our brains. So, every clap and stomp is a mini-workout for your happiness!

Reinforcing Positive Emotions: The Cycle of Joy

The repetitive nature of the song creates a positive feedback loop. You feel happy, you perform the action, the action makes you feel even happier, and so on. This reinforcement helps children understand that expressing their joy is a good thing, encouraging them to seek out and embrace happy moments. It's a simple yet profound lesson in positive psychology, delivered in a fun and engaging package. This foundational understanding of expressing positive emotions is vital for a

child's emotional well-being and their ability to form healthy relationships later in life.

Adapting the Classics: Variations on a Theme

One of the reasons "If You're Happy and You Know It" has such longevity is its incredible versatility. The basic structure of the song – "If you're [feeling], and you know it, [action]" – is so adaptable that countless variations have sprung up. This adaptability is a testament to its simple yet brilliant design.

Beyond Clapping: A Symphony of Actions

While clapping hands is the iconic starting point, the song quickly introduces other actions. Stomping feet adds a more grounded, powerful expression of joy. Shouting "Hooray!" unleashes a vocal burst of excitement. And then come the more creative variations:

1. Patting your knees
2. Wiggling your ears
3. Blowing a kiss
4. Jumping up and down
5. Turning around

Each new action introduces a different way to embody happiness, keeping the song fresh and engaging. These variations not only add humor and fun but also encourage children to explore different forms of physical expression. For parents and educators, these variations offer a fantastic opportunity to introduce new vocabulary and encourage imaginative play. It's a simple song, but it can spark a whole world of creativity!

Emotional Range: Exploring Different Feelings

The song isn't just about pure elation. It can be adapted to explore other emotions too. While not as common in its original form, you can imagine singing "If you're feeling sleepy and you know it, yawn real wide" or "If you're feeling curious and you know it, ask a question." This demonstrates the underlying principle: connecting a feeling with an appropriate action. While "happy and you know it" is the most universally recognized, the potential for emotional exploration is vast.

The Educational Powerhouse: Benefits for Young Learners

For early childhood educators and parents, "If You're Happy and You Know It" is more than just a fun tune; it's a pedagogical goldmine. Its benefits extend far beyond mere entertainment.

Developing Motor Skills: From Fine to Gross

The actions in the song are excellent for developing both gross and fine motor skills. Clapping requires hand-eye coordination. Stomping uses large muscle groups in the legs and feet. Patting knees involves tactile feedback and limb control. Jumping enhances balance and coordination. Even wiggling ears, if you can manage it, requires a surprising amount of fine motor control and body awareness! These physical activities are fundamental building blocks for a child's physical development.

Language and Literacy: Building Vocabulary and Understanding

The repetitive lyrics and clear instructions in the song are fantastic for language development. Children learn new words and phrases, and they begin to understand the concept of cause and effect: if I feel happy, then I clap. This song also helps with listening comprehension as children follow the cues and perform the requested actions. For non-native speakers, it's an excellent tool for acquiring basic vocabulary and pronunciation.

Social and Emotional Learning (SEL): The Heart of the Matter

This is where the song truly shines. "If You're Happy and You Know It" is a cornerstone of social and emotional learning. It

teaches children to:

1. **Identify Emotions:** It gives a name to a feeling and an action associated with it.
2. **Express Emotions:** It provides a safe and fun outlet for expressing joy.
3. **Recognize Emotions in Others:** When everyone is clapping, children learn to observe and participate in a shared emotional experience.
4. **Develop Empathy:** By seeing others express happiness, children can begin to understand and share in those feelings.
5. **Follow Directions:** The song is a simple, engaging way to practice listening and responding to instructions.

In group settings, it fosters a sense of community and belonging. When a whole group of children are clapping and stomping together, it creates a powerful shared experience that strengthens social bonds.

Cognitive Development: Memory and Sequencing

The song's predictable structure helps children develop memory skills. They learn the sequence of verses and actions, which strengthens their cognitive abilities. This also helps with understanding patterns and prediction, essential skills for early mathematical and scientific thinking.

Making "Happy and You Know It" Part of Your Life

Incorporating this song into your daily routine is incredibly easy and rewarding. Whether you're a parent, a teacher, or just someone looking to inject a little more joy into their day, here are some ideas:

At Home: The Family Singalong

Transform any moment into a happy occasion. Waiting in line? Sing the song! Getting ready for bed? Sing the song! Feeling a little grumpy? Sing the song and try to turn that frown upside down! Encourage your children to come up with their own actions or variations. Make it a regular feature of playtime, mealtimes, or even car rides. The more you sing it, the more natural and ingrained the positive feelings become.

In the Classroom: A Daily Ritual

For educators, this song is an invaluable tool for starting the day, transitioning between activities, or simply boosting morale. Use it for brain breaks, to energize a tired group, or to celebrate small achievements. You can even use it as a springboard for art activities, having children draw their favorite actions from the song.

Beyond Childhood: The Adult Application

Don't underestimate the power of this song for adults! Feeling stressed? Take a moment, stand up, and clap your hands. Feeling overwhelmed? Stomp your feet and shout "Hooray!" It might feel silly at first, but the physical act of expressing joy can genuinely shift your mood. It's a reminder to not take ourselves too seriously and to find moments of lightheartedness in our busy lives. It's a tool for mindfulness and a reminder to be present in our happiness.

The Enduring Legacy of a Simple Song

"If You're Happy and You Know It, Clap Your Hands" is more than just a children's song; it's a cultural touchstone, a psychological tool, and an educational resource. Its simple brilliance lies in its ability to connect feelings with actions, fostering joy, learning, and social interaction. In a world that can sometimes feel complex and overwhelming, the straightforward message and infectious energy of this song are a welcome reminder of the power of simple, shared happiness. So, the next time you feel a flicker of joy, don't hesitate – clap your hands, stomp your feet, and let the world know!

Embracing Joy Through Rhythm: The Power Behind "Happy and Know It Clap Your Hands"

The simple yet profound phrase “Happy and know it—clap your hands” carries more than just rhythmic flair; it embodies a universal human impulse to express joy through movement and sound. Rooted in the natural tendency to celebrate with rhythm, this expression invites us to connect emotion with action, transforming feelings of happiness into tangible, shared experiences. Whether in joyous gatherings, cultural traditions, or personal moments of celebration, clapping hands becomes both a physical manifestation and a social signal of inner contentment.

At its core, “Happy and know it—clap your hands” reflects a deep psychological truth: positive emotions trigger spontaneous expression. Clapping is one of the earliest forms of rhythmic communication, observed across cultures and age groups. It serves as a social glue, synchronizing energy and reinforcing group cohesion. When people clap together, they not only express approval or excitement but also create a collective energy that amplifies the feeling of happiness. This act transcends language, allowing even strangers or children to bond through shared rhythm, turning individual joy into a communal experience.

The Multifaceted Role of Clapping in Human Expression

Clapping hands is far more than a cheerful gesture—it’s a versatile tool for emotional articulation. In celebrations, from birthdays to cultural festivals, clapping acts as an immediate, nonverbal acknowledgment of joy. It signals belonging, participation, and approval, reinforcing social bonds and enhancing group morale. Beyond festivities, clapping plays a vital role in education and therapy, where rhythmic participation helps children develop motor skills, language, and emotional awareness. The simple act of clapping engages the brain’s reward centers, releasing endorphins that sustain and deepen positive states.

In performance and ritual contexts, clapping structures pacing and momentum. A well-timed clap can punctuate a musical phrase, evoke anticipation, or mark a triumphant moment. This strategic use of rhythm supports emotional storytelling, making it a powerful element in theater, dance, and communal ceremonies. By clapping, individuals acknowledge shared experiences, affirming their presence and connection with others.

Applications Across Cultures and Settings

Across the globe, “Happy and know it—clap your hands” finds expression in diverse traditions. In African dance ceremonies, rhythmic hand clapping forms the heartbeat of group participation, guiding tempo and unity. In Latin American festivities, clapping punctuates joyful dances, reinforcing collective celebration. Similarly, in religious and spiritual rituals, clapping is a communal expression of reverence and gratitude, synchronizing hearts and minds in shared awe.

In modern contexts, this principle supports wellness and education. Mindfulness programs use guided clapping to anchor attention and boost mood, while schools incorporate rhythmic clapping into movement-based learning to enhance focus and engagement. In therapy settings, clapping helps patients release tension, express emotion nonverbally, and reconnect with positive states. The accessibility of clapping—requiring no equipment, language, or skill—makes it an inclusive tool for emotional expression across ages and backgrounds.

Looking Ahead: The Rhythmic Future of Joyful Expression

As society increasingly values emotional intelligence and connection, the simple act of clapping hands stands poised to remain relevant. In an age dominated by digital interactions, physical gestures like clapping offer authentic, embodied ways to express happiness. Technology may integrate rhythmic feedback through apps that encourage synchronized clapping for mood regulation or group bonding. Virtual gatherings and hybrid celebrations could incorporate digital clapping features, preserving the communal spirit across distances.

The enduring power of “Happy and know it—clap your hands” lies in its simplicity: a universal language of joy that

transcends barriers, fosters belonging, and reminds us that happiness is most vibrant when shared. Whether in a crowded plaza, a classroom, or a quiet moment of reflection, clapping hands continues to echo a timeless truth—joy is best when it resounds, together.

The Enduring Power of "If You're Happy and You Know It": A Deeper Dive into a Beloved Children's Song

For generations, a simple, repetitive melody has echoed through playgrounds, classrooms, and living rooms worldwide. "If You're Happy and You Know It," a beloved children's song, transcends cultural barriers and age groups with its infectious rhythm and straightforward message of expressing joy. But beyond its seemingly elementary lyrics, this enduring anthem holds a surprisingly profound impact on early childhood development, social interaction, and even our understanding of emotional intelligence. This detailed, analytical exploration delves into the multifaceted appeal and significance of this timeless tune.

Origins and Evolution: A Look Back at a Classic

While the exact origins of "If You're Happy and You Know It" remain somewhat elusive, it's widely believed to have emerged in the early 20th century, gaining significant popularity in the mid-20th century. Its simplicity suggests a folk song tradition, passed down and adapted over time. Early versions often featured different actions and verses, but the core structure – a call to acknowledge happiness through specific physical responses – has remained remarkably consistent. This adaptability is a key factor in its longevity, allowing for variations that keep it fresh for new generations of children.

The song's early iterations likely reflected the prevailing pedagogical approaches of the time, emphasizing active participation and sensory learning. The inclusion of clapping, stomping, and shouting are not just arbitrary actions; they are primal, uninhibited expressions of physical and emotional release, perfectly suited for young children who are still developing their communication skills.

The Psychological and Developmental Impact: More Than Just a Song

On the surface, "If You're Happy and You Know It" is a fun way to engage children. However, its benefits run much deeper, impacting crucial areas of early childhood development.

Emotional Recognition and Expression: The First Steps to EQ

At its heart, the song is a powerful tool for teaching children about emotions. It explicitly links the abstract concept of "happy" with tangible actions. By asking children to identify their happiness and then perform a corresponding action, the song helps them to:

1. **Recognize and label emotions:** The word "happy" is introduced in a positive and actionable context.
2. **Understand the link between feelings and behavior:** Children learn that their internal state can be expressed externally.
3. **Develop emotional vocabulary:** While the song focuses on happiness, its structure can be easily adapted to explore other emotions like anger or sadness, fostering a richer emotional lexicon.
4. **Practice self-awareness:** The act of "knowing" you're happy requires a degree of introspection, even for young children.

This early introduction to emotional recognition and expression is a foundational element of emotional intelligence (EQ). Children who can identify and articulate their feelings are better equipped to manage them, build healthy relationships, and navigate social situations effectively. The repetitive nature of the song reinforces these concepts, making them accessible and memorable.

Cognitive Benefits: Memory, Sequencing, and Following Instructions

Beyond emotional growth, the song offers significant cognitive advantages:

1. **Memory development:** The predictable verse structure and catchy tune aid in memorization, strengthening working memory capacity.
2. **Sequencing skills:** Each verse introduces a new action, requiring children to remember and execute a sequence of movements.
3. **Auditory processing:** Children must listen carefully to the lyrics to understand which action to perform.
4. **Following instructions:** The song is essentially a series of simple commands, teaching children to listen and respond.
5. **Pattern recognition:** The repetition of the core phrase "If you're happy and you know it" establishes a clear pattern that young minds can easily grasp.

Motor Skills and Coordination: Getting the Body Involved

The physical actions associated with the song are not accidental. Clapping, stomping, and shouting are fundamental gross motor skills that children need to develop. Engaging in these actions:

1. **Enhances coordination:** Performing multiple actions in sequence requires developing coordination between different body parts.
2. **Promotes body awareness:** Children become more attuned to their physical selves and how their bodies can move.
3. **Provides a healthy outlet for energy:** The enthusiastic movements offer a constructive way for children to expend pent-up energy.
4. **Boosts fine motor skills (with variations):** While primarily gross motor, variations like snapping fingers can engage finer motor control.

Social and Interpersonal Dynamics: Building Bonds Through Play

The communal aspect of singing "If You're Happy and You Know It" is equally vital to its enduring appeal and developmental impact.

Group Participation and Inclusivity

The song is inherently designed for group participation. When sung in a classroom or family setting, it creates a shared experience that fosters a sense of belonging. Everyone can participate, regardless of their age or ability, making it an inclusive activity. This shared joy can:

1. **Strengthen social bonds:** Singing and acting together creates positive social interactions and can build friendships.
2. **Encourage turn-taking and cooperation:** As children anticipate the next verse and action, they implicitly learn to wait their turn and join in with the group.
3. **Promote a positive classroom atmosphere:** For educators, it's a valuable tool for setting a positive tone and engaging students in interactive learning.

Facilitating Communication and Connection

For children who may struggle with verbal communication, the song provides a non-verbal avenue for expression and connection. The physical actions act as a bridge, allowing them to participate and feel included even if they can't articulate their feelings verbally. This is particularly beneficial for toddlers and preschoolers who are in the early stages of language acquisition.

Variations and Adaptations: Keeping the Spirit Alive

The beauty of "If You're Happy and You Know It" lies in its flexibility. The core structure can be easily adapted to introduce new actions and, consequently, new learning opportunities. Common variations include:

1. **"If you're happy and you know it, shout 'Hooray!'"** - Encourages vocal expression and enthusiasm.
2. **"If you're happy and you know it, turn around."** - Develops balance and spatial awareness.
3. **"If you're happy and you know it, touch your nose."** - Focuses on body part identification and fine motor control.
4. **"If you're happy and you know it, do all three."** - A more challenging variation that requires memory and the ability to perform multiple actions in sequence.

These variations not only keep the song engaging for children but also allow adults to tailor the experience to specific developmental goals. Educators and parents can strategically introduce actions that target particular skills, making the song a dynamic learning tool.

The Enduring Appeal: Why "Happy and You Know It" Still Resonates

In an era saturated with complex entertainment and rapidly evolving digital experiences, the enduring appeal of "If You're Happy and You Know It" is a testament to its fundamental effectiveness. Its simplicity is its strength. It doesn't require elaborate props, advanced technology, or complex understanding. It taps into primal human needs and abilities:

1. **The desire for joy:** The song is a direct invitation to celebrate happiness.
2. **The need for expression:** It provides a safe and fun outlet for physical and emotional expression.
3. **The joy of participation:** The communal nature of the song fosters connection and belonging.
4. **The power of repetition:** For young learners, repetition is key to mastery and understanding.

Furthermore, the song offers a moment of genuine, unadulterated fun. In a world that can sometimes feel overwhelming for both children and adults, the simple act of clapping hands and singing about being happy can be incredibly cathartic and grounding. It reminds us of the fundamental human capacity for joy and the importance of acknowledging and celebrating it.

Conclusion: A Timeless Tool for Growth and Connection

"If You're Happy and You Know It" is far more than just a children's ditty. It's a powerful pedagogical tool, a social lubricant, and a cornerstone of early childhood development. Its ability to foster emotional literacy, cognitive growth, motor skill development, and social connection makes it an invaluable resource for parents, educators, and caregivers. As long as there are children eager to express their joy, this simple, yet profound, song will continue to resonate, inspiring laughter and learning for generations to come. Its legacy is etched not just in its catchy melody, but in the happy faces and confident movements of the countless children who have sung it.

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Questions & Answers About happy and know it clap your hands

No	Question	Answer
1	What's the secret to getting toddlers to actually 'clap their hands' when they sing 'If You're Happy and You Know It'?	The key is often physical demonstration and positive reinforcement! Model the clapping enthusiastically yourself, make eye contact, and clap along with them. Lots of praise and encouragement when they clap, even if it's a bit delayed, works wonders.
2	Beyond clapping, what are other fun actions we can incorporate into 'If You're Happy and You Know It' for kids?	You can swap clapping for stomping your feet, patting your knees, shouting 'hooray!', wiggling your hips, or even doing a little jump. Rotating these actions keeps the song fresh and engages different motor skills.
3	Is 'If You're Happy and You Know It' a good song for developing language skills in young children?	Absolutely! The repetitive nature helps with memorization and vocabulary. Following instructions ('clap your hands') also enhances listening comprehension and their ability to connect words with actions.
4	How can parents adapt 'If You're Happy and You Know It' for babies who can't clap independently yet?	For babies, you can gently clap their hands together for them while singing. You can also focus on other actions they can do, like wiggling their toes or making silly faces, and encourage their engagement through smiles and vocalizations.
5	What are some educational benefits of singing 'If You're Happy and You Know It' regularly?	This song promotes gross motor skill development through actions, listening skills, following directions, and can introduce concepts of emotions (happiness). The group singing aspect also fosters social interaction and a sense of community.

happy clap your hands, clap and celebrate joy, know it clap with joy, happy affirmation clap, clap to express happiness, happy hands clap rhythm, know it clap for joy, happy clap celebration, clap and feel happy, happy hand clapping song

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