Here is the Weaving Wellbeing Rap!

The rap tells you what Wellbeing means!

Why not read or rap the words to or with your child. Try one verse a day ☺

Make it your feel good rap or song!

**Weaving Well – Being Rap**

Healthy body

Strong mind

Loving heart

Being kind

Healthy body

Strong mind

Loving Heart

Being Kind

Weaving Well - Being, each and every day

Don’t have to be perfect to know that I’m okay!

Don’t have to be perfect to know that I’m okay!

Ups and downs

They’re coming this way

But I’m gonna learn to cope

Cause they’re coming anyway

Ups and downs

They’re coming this way

But I’m gonna learn to cope

Cause they’re coming anyway

Weaving Well - Being, each and every day

Don’t have to be perfect to know that I’m okay!

Don’t have to be perfect to know that I’m okay!

You know being thankful?

That’ll play a part

Like being grateful – take it to heart!

You know being thankful?

That’ll play a part

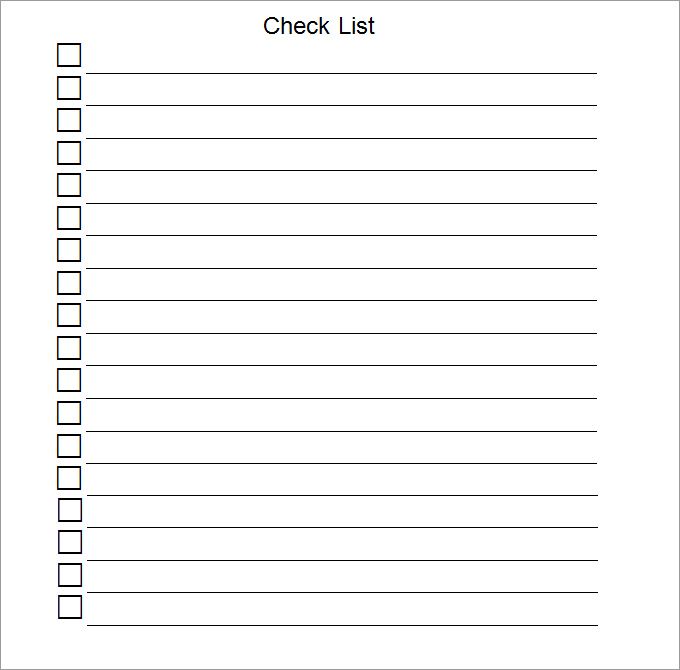
Like being grateful – take it to heart!

Weaving Well - Being, each and every day

Don’t have to be perfect to know that I’m okay!

Don’t have to be perfect to know that I’m okay!

2) Make a list of some things which make you feel happy. Think about your family, friends, pets, hobbies, songs, movies – anything which puts a smile on your face! Try to do some of the things on your list this week!



Maybe there is a pot of gold at the end of the rainbow but sometimes we forget how much treasure and riches we already have in our lives. Fill in the treasure pot with pictures of all the treasure in your life! Friends – families – toys – pets!

