

Weaving Well-Being Rap

Fiona Forman & Emmet Murphy, 2017

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

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They're coming this way
But I'm gonna learn to cope
Cause they're coming anyway

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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!

Helping others
That'll be the key
I'll learn to use my strengths
and be proud to be me!

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That'll be the key
I'll learn to use my strengths
and be proud to be me!

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

I'll make a difference
And I'll have fun!
I'll believe in myself
It's my time in the sun!

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And I'll have fun!
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It's my time in the sun!

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



Watch children perform the
Weaving Well-Being Rap (and join in!) by visiting:
<http://tinyurl.com/wwb-rap>