MO AND KO'S RHYMES

WELCOME TO WELL-BEING

- Big feelings
- All feelings are OK
- It's good to be me
- Happiness bubbles
- Calmness spreads
- Sadness fills up
- I'm so proud
- Anger jumps up
- Bravery builds up
- Hello Mo, hello Ko
- When I'm feeling
- If my feelings
- Chill and spill
- Worries wriggle
- Today I'm thankful
- My friends have feelings too
- It's good to be us
- Touch the sky
- My energy
- I'm getting stronger
- Hand to heart
- I sprinkle kindness
- Think, talk, plan, act



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OUTSIDE the BOX LEARNING RESOURCES

Big feelings

Big feelings,
big feelings,
inside me,
can make me feel
so unhappy.

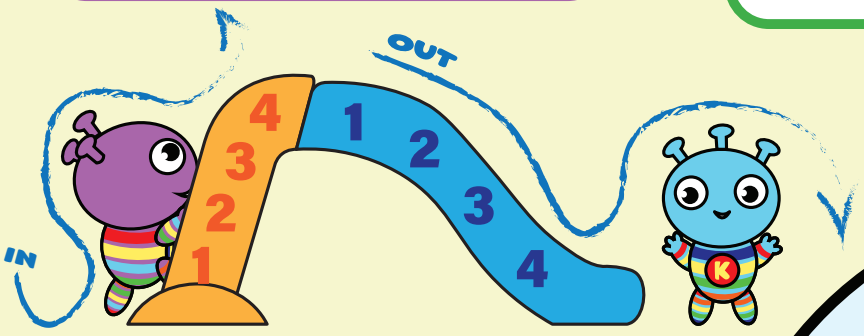
So I can breathe
with Mo and Ko,
up the slide
and down we go.

All feelings are OK

Tell me how you feel today,
all feelings are OK.

Sad or happy,
worried or free,
let it in and let it be.

It will pass
and then you'll know,
feelings come
and then they go.



It's good to be me

It's good to be me,
it's good to be me,
my body and mind
are strong and kind.

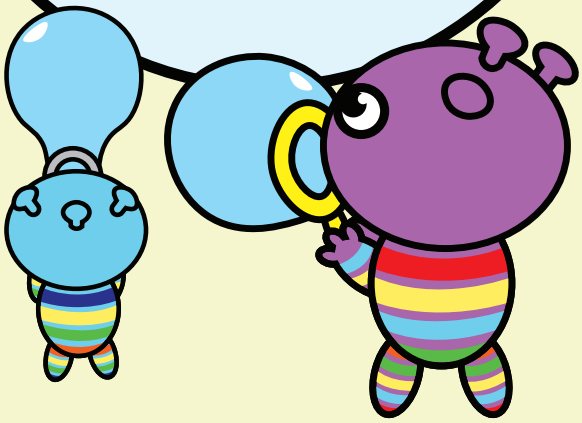
It's good to be me,
it's good to be me,
I'm brave and well
can you tell?

It's good to be me,
it's good to be me,
I shine so bright,
with love and light.

Happiness bubbles

Happiness bubbles
inside me,
from toes to tummy
no one can see.

Until it bursts
right out of my mouth,
with a laugh or a smile
or a grin or a shout.



Calmness spreads

Calmness spreads
inside me,
from toes to tummy
no one can see.

Until it stops
just at my face,
as a little smile
and a peaceful gaze.

Sadness fills up

Sadness fills up
inside me,
like big waves
no one can see.

I take deep breaths
and cry and cry,
my sadness comes,
then passes by.



I'm so proud

I'm so proud,
I'll say it loud.
I tried and tried,
now I feel pride.

So now I smile
and take a rest,
I'm proud to say
I did my best.



Anger jumps up

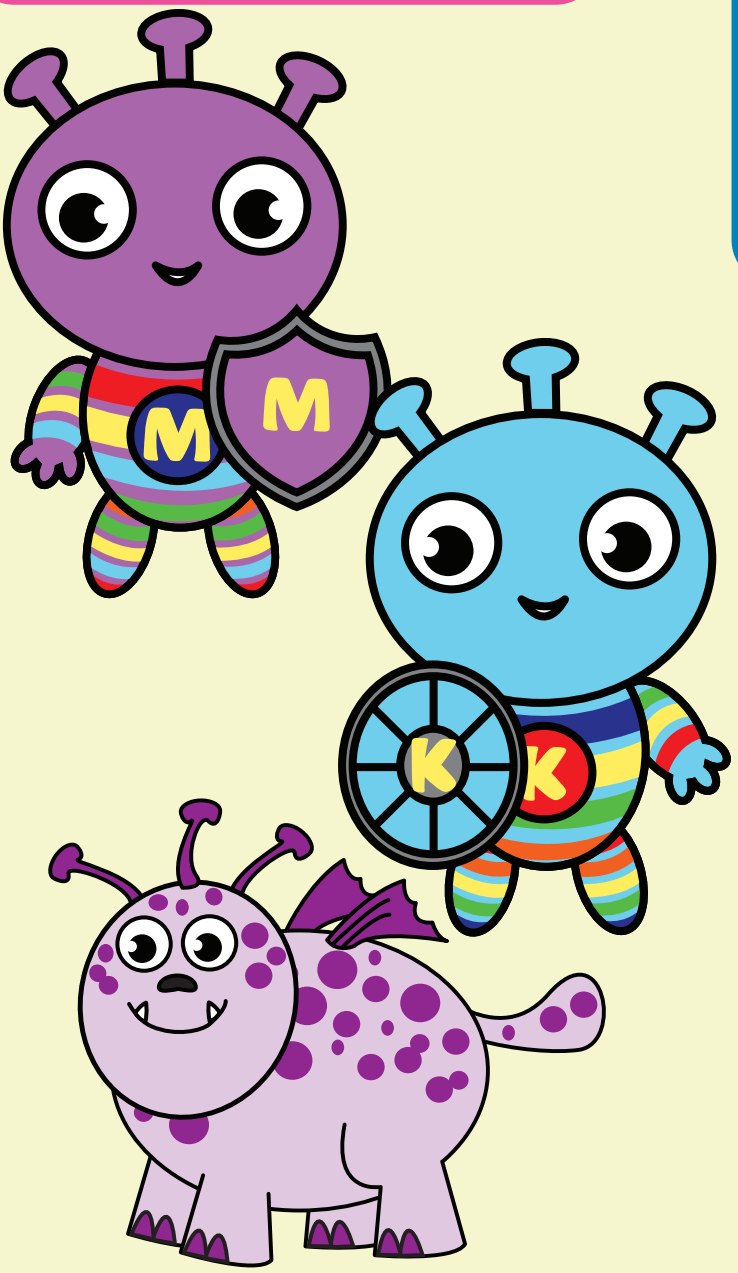
Anger jumps up
inside me,
from toes to tummy
no one can see.

I can let it out
with a shake or a leap
and let it go
with the words I speak.

Bravery builds up

Bravery builds up
inside me,
from toes to tummy,
no one can see.

Until it stops
right at my heart
and then I know
I'm strong and smart.



Hello Mo, hello Ko

Hello Mo,
hello Ko.
Can you teach us
what you know?
How to be
happy and fair,
giving love
to show I care.
My best self
will shine so bright,
I'll fill the world
with love and light.

When I'm feeling

When I'm feeling
lonely or sad,
jealous or angry,
worried or mad,
I tell myself
that it's OK,
that feelings come
then pass away.

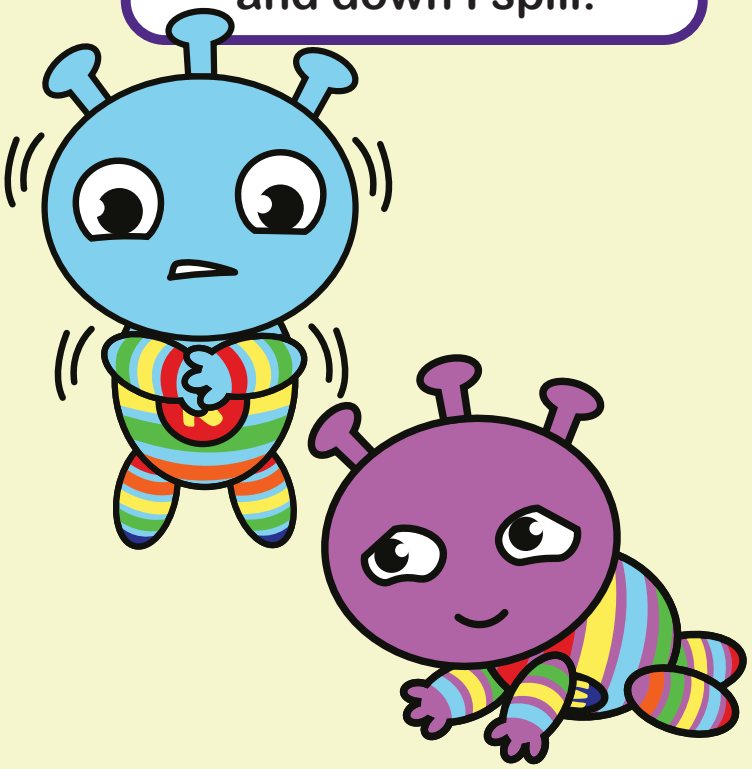
If my feelings

If my feelings
are wild and strong,
I can tame them
before too long.

If I name them
and breathe so slow,
I'll feel calmer
and let them go.

Chill and Spill

First I feel
as cold as ice.
I shake and shiver,
it's not nice!
Now I'm frozen
straight and still,
I can't move
at all, until...
The sun comes out,
warms me till,
I slowly melt
and down I spill.



Worries wriggle

Worries wriggle
inside me,
they grow and grow
and feel heavy.
They make me feel
like something's wrong,
so then I say,
'I'm brave and strong'.
I let the worries
float through me,
I breathe them out
and set them free.

Today I'm thankful

Today I'm thankful
because I see,
so many good things
all around me.
Family, friends,
animals too,
sweets and treats,
old toys and new.
Lots of things
like love and hugs,
that make me smile
and even bugs!

It's good to be us

It's good to be us,
it's good to be us.
We all belong,
we're kind and strong.

It's good to be us,
it's good to be us.
We play and share,
to show we care.

It's good to be us,
it's good to be us.
We shine so bright,
with love and light.

My friends have feelings too

I know my friends
sometimes feel sad
and sometimes happy,
angry or mad.
I can look
and listen too,
to show I care
and ask, 'how are you?'
and I can help
by being kind
and not hurting
their body or mind.



Touch the sky

When my energy is
high,
I feel like
I can touch the sky.

I want to jump
and play and shout,
it's great to let
that energy out!

Jumping, running,
playing too,
it feels good
for me and you.

I sometimes want
to feel more chill,
so I can relax
and be more still.

My energy

My energy
is sometimes low,
when I'm tired
or feeling slow.

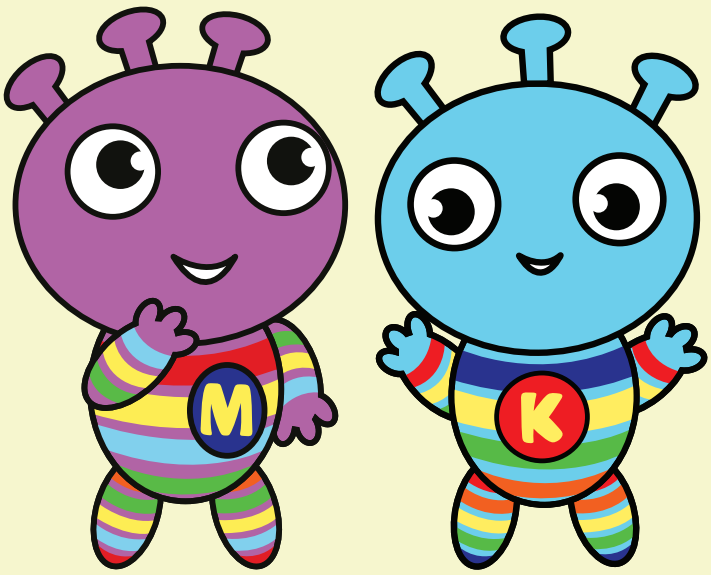
It's sometimes high
and builds inside,
like when I'm angry
it can feel wild.

And when it's calm,
I'm peaceful and kind,
happy and strong
in body and mind.

I'm getting stronger

I'm getting stronger
every day,
I do hard things
that come my way.

They help me grow
and feel so proud
and when they're done
I'll say it loud.
'Look at me
I pushed on through
if I can do it
so can you!'



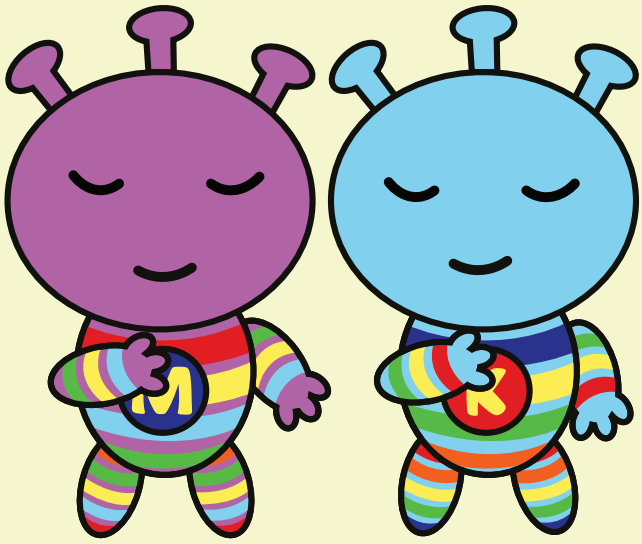
Hand to heart

When I'm feeling
small or sad,
not good enough
or just plain bad,

I put my hand
against my heart
and tell myself
I'm strong and smart.

I'm good enough
just being me
and no-one's perfect
as can be.

So then I smile
and smile a lot.
I'm good enough
no matter what!



I sprinkle kindness

I sprinkle kindness
everywhere,
it's the way
to show I care.
Helping, sharing,
being kind,
helps me have
a good strong mind.
I put a smile
on someone's face,
and make the world
a sweeter place.

Think, talk, plan, act

Problems sometimes
come my way,
big or small
I'll be okay.
Because I know
just what to do,
I have 4 steps
to get me through.

Think, talk, plan, act,
that's the way
and that's a fact.
And if Plan A
does not work yet,
there's lots more letters
in the alphabet!