

## **It's All Good!**

It's great to be alive today (Step and tap from side to side swinging arms.)  
Feeling good inside.  
We've got our friends and teacher, too.  
And smiles we just can't hide.  
Get on your feet and just be glad,  
This could be the best day you ever had.  
It's all good! (Kick alternating feet and clap hands.)  
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It's all good!

Some days things can get you down (Knees up and pull down arms at  
You feel a little mad. the same time.)  
Arguments and troubles  
Can make you kind of sad.  
But when you dance  
And when you sing  
You can do most anything.  
It's all good...

Drink lots of water. (Kick back and touch heel with opposite hand.)  
Eat your veggies and fruits.  
Get plenty of sleep each night.  
And exercise to boot.

Your body is like a machine.  
Take care of it, you know what I mean!  
It's all good...

Be a friend to someone else. (Lunge from side to side doing  
And they'll be your friend, too. bows and arrows with arms.)  
Share some kindness every day  
It will come back to you.  
Learn, laugh, and do your best.  
You will soar with all the rest.  
It's all good... (Cool down by tapping heels right and left.)

Activities: Make a class book called "It's All Good" where children contribute pictures of things to be happy about.  
How is your body like a machine?  
Play the "Laughing Game" where children try to make classmates laugh.  
Brainstorm how to be a friend.  
Run off "kindness tickets" that children can pass out to their friends.  
Make a "Book of Kind Deeds" where children can write positive notes about their classmates.