|  |  |
| --- | --- |
| **Activity Name** | Feel good Playlist  |
| **Curricular Area** | HWB  |
| **Age Range** | P1-7 |
| **Resources Required** | Phone, tablet, laptop or pen and paper!  |
| **Time Required**  | 10 minutes a day  |
| **Number of people** **Required**  | Individual  |
| **Instructions**  | 1. Make a playlist of your favourite feel-good music.
2. Keep adding to the playlist every day as you think of more music that makes you feel happy.
3. Everyday, spend some time dancing to music from your playlist.
4. If you are able to, get together with other people (e.g. at home, in the garden or friends via social media) and dance together to each other's playlists.
 |

