



# I Wish You Well

## Activity – Chorus

My heart to your heart. I wish you well

(Cross your arms and pat your chest as you sing, my heart to your heart. The movement for I wish you well involves using both hands open and moving them toward the other person in a patty cake fashion without touching. This we will call non-touching patty cake.)

My elbow to your elbow. I wish you well.

(Touch elbows together. Do a non-touching patty cake.)

My back to your back. I wish you well.

(Turn around and put backs to backs. Then spin back around and do a non-touching patty cake.)

My eyes to your eyes. I wish you well.

(With both pointer fingers tap under your own eyes then point to the eyes of your partner with the same fingers. Finish with a non-touching patty cake.)

How can we help everyone we know?

(Open both arms in front of you, palms up to include everyone)

How can we help each other grow?

(Move both arms up over your head like a seed growing)

Sometimes it's hard to know what to do

(Shrug your shoulders, with hands up as if to say "I don't know.")

Wishing them well connects me and you

(Point to your partner and your partner points to you)

**Chorus: Repeat as before**

My heart to your heart. I wish you well

My elbow to your elbow. I wish you well

My back to your back. I wish you well

My eyes to your eyes. I wish you well

**Chorus**

How can we help everyone we know

How can we help each other grow

Sometimes it's hard, to know what to do

Wishing them well connects me and you

Wishing them well connects me and you

My heart to your heart. I wish you well

My elbow to your elbow. I wish you well

My back to your back. I wish you well

My eyes to your eyes. I wish you well

**Repeat Chorus**

You make a difference

Let's move and wish your neighbor well

My knee to your knee. I wish you well

My shoulder to your shoulder. I wish you well

My hip to your hip. I wish you well

My hand to your hand. I wish you well

I wish you well. I wish you well