



Every little Cell

(Creative E Version)

*Sung loosely to the tune of "Mama's little baby loves shortnin bread"

"Every little cell in my body is happy
Every little cell in my body is well
Every little cell in my body is happy
Every little cell in my body is well

I'm so glad
Every little cell
In my body is happy and well
I'm so glad
Every little cell
In my body is happy and well"

This song is a great way to practice self care.

A simple way to do this is before singing, rub your hands together and imagine lots of love warming them up.

As you begin to sing, massage that warmth into your body.

Give extra attention to any part of your body that is feeling sore, unwell or may need it.

Visualise the warmth hugging the cells in your body and filling them with love.

At the end of the song, celebrate being so good to yourself and encourage yourself to do it again by clapping and cheering loudly 😊

