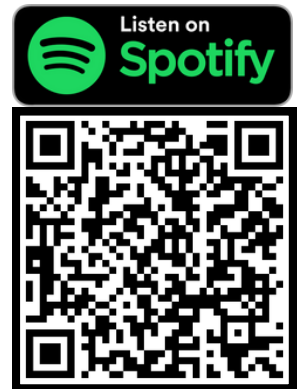


Feel-Good Dance Playlist

As part of **Children's Mental Health Awareness Week**, we've curated a **Feel-Good Family Playlist** filled with family-friendly, positive, and inspiring songs to lift your spirits! 🎵 Music has a powerful impact on mental health—it can boost your mood, ease stress, and help you express emotions in a fun and uplifting way. Whether you need an energy boost, a moment of calm, or just an excuse to dance, these songs are here to help. So turn up the volume, sing like nobody is watching, and get moving—because music is meant to make you feel good!

1. Get Back Up Again – Anna Kendrick (from Trolls)
2. Happy – Pharrell Williams (from Despicable Me)
3. Shake it Off – we like the edited version from Sing
4. Something that I Want – Grace Potter (from Tangled)
5. Try Everything – Shakira (from Zootopia)
6. Everything is Awesome – from The Lego Movie
7. Life is a Highway – Rascal Flatts (from Cars)
8. I'm Still Standing – Taron Egerton (from Sing)
9. You're Welcome – Dwayne Johnson (from Moana)
10. I'm a Believer – Smash Mouth (from Shrek)
11. Firework - Katy Perry
12. Better When I'm Dancing - Meghan Trainor
13. I Like to Move it - Will.i.am
14. Footloose - Glee Cast
15. Get Yo Body Movin' - Koo Koo Kanga Roo
16. Dance in the Dark - Rihanna
17. Cha Cha Slide - Hardino
18. Dance Mode - Bluey, Joff Bush
19. Akuna Matata - Nathan Lane
20. Dont Worry Be Happy - Bobby McFerrin
21. Walking on Sunshine - Katrina & The Waves
22. Affirmation Song - Doggyland, Snoop Dogg



Pathstone 
Mental Health

For more downloadable activity sheets,
please visit <https://pathstonementalhealth.ca/cmhaw>