



## This is My Body

### *Chorus*

This is my body  
I am going to treat it right  
My bones and my muscles  
My heart and my mind

This is my body  
It's mine all mine  
My arms and my legs  
My ears and my eyes

Now Jump your feet forward

Jump your feet backward

Jump your feet in forward

Jump your feet backward

Put your hands together

Put your hands apart

Put your hands together

Put your hands apart

### *Chorus*

This is my body  
I am going to treat it right  
My bones and my muscles  
My heart and my mind

This is my body  
It's mine all mine  
My arms and my legs  
My ears and my eyes

Now shake your hands in front of you  
Shake your hands behind you  
Shake your hands in front of you  
Shake your hands behind you

Now jump your feet apart

Jump your feet together

Jump your feet apart

Jump your feet together

Now sing

### *Chorus*

This is my body  
I am going to treat it right  
My bones and my muscles  
My heart and my mind

This is my body  
It's mine all mine  
My arms and my legs  
My ears and my eyes