

YOU AND YOUR BODY

By Audrey Hlembizky

You and your body are one of a kind.
When you look in the mirror what do you find?

Some see tall, or round and long.
You may see a tiny nose, or legs that are strong.

Your body has an outside and a brilliantly created inside.
Some parts you can see and others will always have to hide.

From the top of your hair to the tips of your toes,
You experience your senses through your eyes, ears, mouth and nose.

Your body is amazing! It can run and walk and jump for joy!
It is there to protect, to build and create things you will always enjoy.

Your body shows many expressions like giving someone a hug.
It allows you to have fun and even be playful like rolling on the rug.

Your body is yours and it is unique to you.
Feel good about yourself, always be honest and true.

It is important to be kind to your body each and every day,
be active, eat healthy and get to sleep each night with no delays.

When you look in the mirror smile and say: "I am thankful for me
As there is no one else I would rather be!"

