My Body's a Friend to Me

Activity - Themes on learning about ourselves and others can be enhanced with this self-awareness and self-empowerment song. Children can be guided through learning self-protection skills. Children can avoid becoming victims of abuse, bullying and injury through learning some basic assertiveness skills.

Chorus
My body's a friend to me. My body's a friend to me
From my head to my nose to my knees to my toes
My body's a friend to me

I've got to take care of my body, my body does so much for me
It lets me know when to eat when to drink and to sleep
And it does it so naturally
And I can protect my own body from the top of my head to my toes
Don't push or hit me shove or kick me
I'll protect myself and say don't, no don't!

Repeat Chorus

I'll stand up proud with my body sometimes speak loud and be strong
If anyone, any day, touches me a bad way
I'll say "no" and then go tell someone
I've got to be safe with my body use my eyes, my ears and my brain If
I feel there could be something that could hurt me
I stop! and just get away get away!

Repeat Chorus

I can feel so much with my body ? it helps me know what to do
I can smile when I'm glad ? I can cry when I'm sad
I can hug when I say I love you
So, you've got to be good to your body
Your body's such a wonderful friend ? shake hands with yourself
Say, hey body ? hi self, it's a friendship that will never end
Repeat Chorus