

MY BODY

**Cho: My body's nobody's body but mine!
You run your own body, let me run mine!**

**G-D7
D7-G**

**My nose was made to sniff and to sneeze
To smell what I want, and to pick when I please!
My lungs were made to hold air when I breathe,
I am in charge of just how much I need!
Chorus**

**My legs were made to dance me around
To walk and to run and to jump up and down!
My mouth was made to blow-up a balloon
I can eat, kiss and spit, I can whistle a tune!
Chorus**

**No one knows my body better than me
It tells me, "Let's eat!", it tells me "Go pee!"
Don't hit me or kick me, don't push or shove
Don't hug me too hard when you show me your love
Chorus**

**Sometimes it's hard to say "No!" and be strong
When those "No!" feelings come, then I know something's wrong
'Cause My body's mine from my head to my toe
Please leave it alone when you hear me say "No!"
Chorus**

**Secrets are fun when they're filled with surprise
But not when they hurt us with tricks, threats and lies
Our body's one body, one voice is heard
We each sing for freedom when we sing these words!
Chorus**

**Written by Peter Alsop, ©Copyright 1983, Moose School Music (BMI)
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Alternative lyrics are provided for those not comfortable mentioning “nose picking or “spitting”. As teachers we want to be a safe place for kids to discuss ANYTHING. If we send the message that we only want to hear “okay” things from kids, we may shut out a child who needs to talk to us about something that is not “okay”. The original lyrics can provide “teachable moments” to talk about what is appropriate and what is not.

“It’s not okay to pick our nose in front of other people, so what else could we do? Go in the other room? Get a tissue? Turn in the other direction?”

We can also help younger kids understand the phrase “run your own body” by asking them to “put your hand on your heart and feel it ‘running’. If you close your eyes, can you hear your blood ‘running’ through your veins.”

We want kids to be connected to their own feelings in the present. Knowing how we feel, having a healthy “feelings vocabulary” is the EARLY WARNING SYSTEM that will help kids protect themselves against abuse.

ALTERNATIVE VERSES for kids:

**My nose was made to sniff and to sneeze
To smell what I want, and to blow when I please!**

**My mouth was made to blow-up a balloon
I can eat, kiss and sing, I can whistle a tune!**

**My legs are made to dance me around
To walk and to run and to jump upside down**

**Your body loves to pedal a bike
Our bodies do whatever they like**

**When I am touched I know how I feel
My feelings are mine, my feelings are real**

**This is my body, it’s one of a kind
I’ve got to take care of this body of mine!**