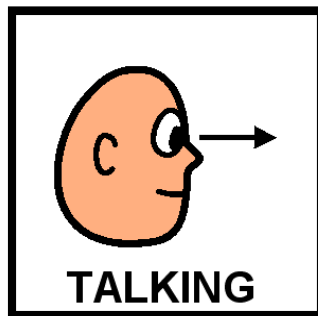


Body Basics Chant



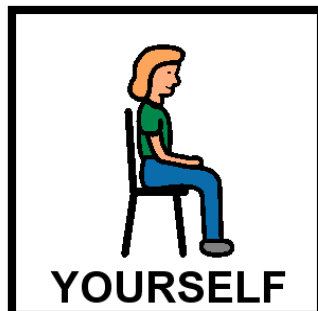
Sit up . . . “**tall**”



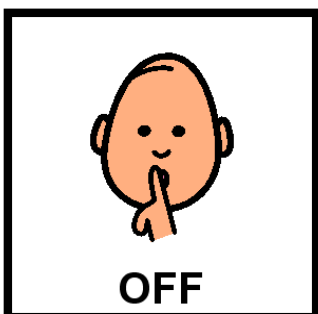
Look at who’s . . . “**talking**”



Listening . . . “**ears**”



Hands & feet to . . . “**yourself**”



Voices . . . “**off**”