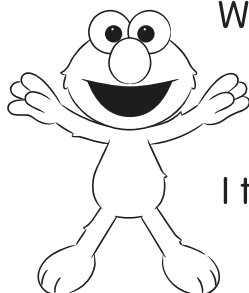
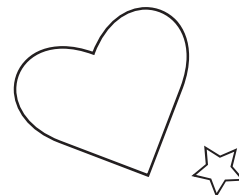


Let's Sing Along! My Body, My Brain



When I get sleep, it helps my brain feel fresh
When I breathe deep, I relax and get good rest

I take care of my body, I take care of my brain
I take care of my body so I can be... **my strongest, healthiest me!**



When we move each day, Elmo feels himself get stronger
And after we move, we can feel happy longer

I take care of my body, I take care of my brain
I take care of my body so I can be... **my strongest, healthiest me!**



When I eat healthy, it gives my body fuel
When we hang out, our meals are twice as cool

I take care of my body, I take care of my brain
I take care of my body so I can be... **my strongest, healthiest me!**



I love my brain, and all that it can do
I care for my body and brain, and they take care of me too!



We're getting plenty of sleep, we're moving our bodies every day
We're eating healthy foods... we're making time to play

We're taking care of our bodies and brains
That's where we all agree

I take care of my body and brain
so I can be... **my strongest, healthiest me!**

