In My Body

![MPj04331790000[1]]()

**intent:**

This activity is designed to engage participants in a song that celebrates one’s body, identifies body parts and promotes positive self-image.

**OUTCOMES:**

Participants will actively participate in the song, moving one set of body parts followed by a second set of body parts simultaneously, as prompted in the song. Participants may engage in the Spanish version of the song, experiencing another language or a home language increasing cultural awareness.

**Materials Required:**

* ![MCBS00539A0000[1]]()Song: *In My Body (Spanish version - En Mi Cuerpo)*, by Angela Russ
* CD: Smart Moves 1 ([www.ABridgleClub.com](http://www.ABridgleClub.com))
* ![MCj04326020000[1]]()Music player
* PowerPoint slide with English and/or Spanish prompts for movement
* Open space (indoors or outdoors) for each participant to move safely

 **Time:** 3-4 minutes

**Process:**

1. ![MPj04384510000[1]]()Prepare participants for movement. Check clothing and shoes and push in chairs at tables, along with bags/totes/etc.
2. Invite all participants to stand, stand behind their chair or find an area that has ample personal space*.*
3. Introduce the song and practice the chorus movements. See next page for lyrics and movements. Encourage participants to strike a different muscle pose for each chorus interlude. If time allows, practice body moves and then begin song.

**OPTIONS:**

* Song prompts are suggestions, feel free to change/modify as desired.
* Posing may be done individually, with a partner, as a group, or select a different person for each chorus to create a pose that the group will imitate.



 **In My Body / En Mi Cuerpo**

 **CD: Smart Moves 1 by Angela Russ**

|  |  |
| --- | --- |
| English Lyrics / Spanish Lyrics | *Movement Cues* |
| ***Chorus:*****In my body**  ***En mi cuerpo*****My body**  ***Mi cuerpo*** **So great to be in my body!** ***¡Que bueno es estar En mi cuerpo!***Two waving hands *Dos manos saludando*Two tapping feet *Dos pies golpeando**Chorus*Two flapping ears *Dos orejas batiendo*One shaking seat *Una colita sacudiendo**Chorus* Two hugging arms *Dos brazos abrazando* Two knocking knees *Dos rodillas tocando* *Chorus*Two blinking eyes *Dos ojos parpadeando* And chomping teeth *Los dientes mordiendo**Chorus*One nodding head *Una cabeza inclinando* One round tummy *Un estómago redondo* *Chorus*Two kissing lips *Dos labios besando* 10 finger tips *Diez puntas de dedos**Chorus* | At beginning of song, step side to side**Tap body all over****Make a muscle pose** **Hands in the air, turn around**Wave hands overhead, keep waving side to side Tap one foot in front, then the other, keep tappingCup ears with hands, flap elbows in and out like two big elephant earsShake your bottomOpen arms and hug body to the beat Knock knees in and out together Blink eyes, keep blinkingChomp teethNod head up & downRub tummy in a circle with 1 handThrow kisses from lips using alternating handsOpen and close hands near face  |