

OUR AMAZING BODY

Verse 1 Well we have...
Hands with fingers, feet with toes.
Legs with knees and arms with elbows.
Ankles and hips, shoulders and a neck,
And sitting on top a big beautiful head.
Well we've got...
Eyes to see with, ears to hear with,
A nose to smell with, a tongue to taste with.
A mouth to talk with, teeth to chew with.
Lips to smile and hair to style.

Chorus It's our body
Slightly different for everybody.
Young and old, big and small,
Light and dark we're one and all so beautiful.
It's our body.
Individual to everybody.
You've got yours and I've got mine.
Be considerate and kind to everyone.

Verse 2 Well we have...
Whole bunch of parts that you can't see,
Beneath the skin inside you and me.
These parts are essential – they keeps us alive.
So we need to look after them so we can survive.
Well we've got...
Lungs to breathe with, a stomach to feed,
A heart that keeps a pumping all the blood that we need.
A liver and kidneys to keep the blood clean
And a great big brain to think and to dream.

Chorus

Verse 3 Well there's a...
Few more things that you need to know
The parts that are private, you don't need to show.
They maybe different for you and for me.
And they will develop during puberty.
Some have a penis and testicles.
Others a vagina and menstrual cycles.
Some will grow beards and maybe hairy chests.
Others need a bra as they develop breasts.

Chorus

