

Group Poem

Listen to Your Body

Listen to your body, *(whisper)*
Listen to your body, *(louder)*
Listen to your body, *(really loud!)*
As you jump, jump, jump!

Listen to your heart, *(whisper)*
Listen to your heart, *(louder)*
Listen to your heart, *(really loud!)*
And hear it pump, pump, pump!

Listen to your stomach, *(whisper)*
Listen to your stomach, *(louder)*
Listen to your stomach, *(really loud!)*
**Does it say, “I’m hungry”
or “I’m full”?**

Listen to your body, *(whisper)*
Listen to your body, *(louder)*
Listen to your body, *(really loud!)*
What is it telling you?



Say it, do it! < After reading the poem with children, ask them to listen to their own bodies.

How are they feeling? (They may be breathing harder, feeling warmer, or noticing a faster heartbeat.) Why might they be feeling this way?

Tired? What should they do?

Energetic? What can they do to use their energy?

Hungry? Thirsty? What can they do?

Do this activity at various times of the day: first thing in the morning, before lunch, after outside play, and so on. Pay attention to the way time of day affects how kids feel.



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