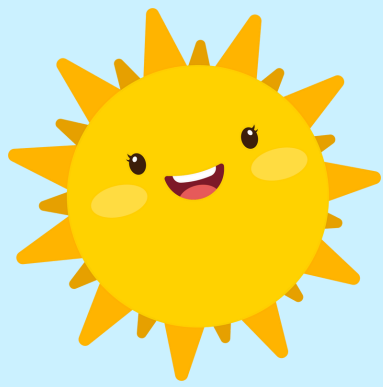


Brilliant Bodies Count-Along

Count along the path and discover uplifting reminders of how amazing your body is.





Celebrate your body!

Share some fun things about your body. You can say what each body part below helps you do, how it feels, or something you like about how it looks. Some parts might feel a little harder to think about, but give it a try—every part of you has something awesome about it!

Eyes

Nose

Ears

Skin

Hair



Arms

Chest

Tummy

Legs

Feet

