THANK YOU BODY

Brainstorm the things that you appreciate about what your body does for you and why this is important to you

- Experiencing the world through my 5 senses: see, smell, hear, taste, touch
- Bodily functions: eg., breathing, regulate temperature
- What I can do physically: eg., movement, sport, and physical activity
- How I express myself: Eg., dance, dress, interact with others

Embrace Kids Classroom Program Lesson 1