

## Every Little Cell

Here's a fun song that you can sing! It makes every little cell in YOUR body ring! Pat every single body part when you hear THIS chorus start:

Every little cell in my body is happy.  
Every little cell in my body is well.  
REPEAT

Shake yourself. It's good for your health!  
Every little cell is happy and well.  
REPEAT

Every little cell in my body is happy.  
Every little cell in my body is well.  
REPEAT

Bend your knees in CHAIR pose please.  
Every little cell is happy and well.  
REPEAT

Every little cell in my body is happy.  
Every little cell in my body is well.  
REPEAT

Reach up high, to the sky.  
Every little cell is happy and well.  
REPEAT

Every little cell in my body is happy.  
Every little cell in my body is well.  
REPEAT

Reach for your toes in RAGDOLL pose.  
Every little cell is happy and well.  
REPEAT

Every little cell in my body is happy.  
Every little cell in my body is well.  
REPEAT

Here's one more, make a LION roar!  
"ROOOAAARRR!"

I'm happy and well.  
REPEAT

Every little cell in my body is happy.  
Every little cell in my body is well.  
REPEAT

Jumping Jacks will strengthen your back.  
Every little cell is happy and well.  
REPEAT

Now let's do it FASTER...

Jumping Jacks will strengthen your back.  
Every little cell is happy and well.  
REPEAT x 3

(SLOWLY)  
Every little cell in my body is happy.  
Every little cell in my body is well.