

GIVE YOURSELF A HUG SONG

Access the video and the song here <https://youtu.be/pskBM7gLbH8>



Jump in place. Feel your feet on the ground.
Bounce it out. Let your body rebound.
Arms out wide. Now press them tight.
Push to the middle with all your might.



Give yourself a hug. Hold nice and tight.
Squeeze your arms. It feels just right.
Your body's strong. Your body is smart.
It knows what to do. Just follow your heart.



March in place with the stomp stomp beat.
Lift those knees. Feel the rhythm. Repeat.
Now give your arms a gentle squeeze
from your shoulders down to your wrists with ease.



Give yourself a hug. Hold nice and tight.
Squeeze your arms. It feels just right.
Your body's strong. Your body is smart.
It knows what to do. Just follow your heart.



Let's be a bear. Crawl high and slow.
Hands and feet moving where you go.
Now squat down low like a little frog.
Jump up high, then land on the log.



Give yourself a hug. Hold nice and tight.
Squeeze your arms. It feels just right.
Your body's strong. Your body is smart.
It knows what to do. Just follow your heart.



Elephant stomps big and proud.
Stomp your feet and shake the ground.
Now hop like a kangaroo. Arms held tight.
Bouncing in place feels just right.



Give yourself a hug. Hold nice and tight.
Squeeze your arms. It feels just right.
Your body's strong. Your body is smart.
It knows what to do. Just follow your heart.



Push the wall, hold and breathe.
Press your hands and count to three.
Now shake it out. Then freeze like ice.
You moved your muscles. Now doesn't that feel nice?



Give yourself a hug. Hold nice and tight.
Squeeze your arms. It feels just right.
Your body's strong. Your body is smart.
It knows what to do. Just follow your heart.

