

# Warm-Up Chant

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illustrated by Curt Walstead



I love myself.



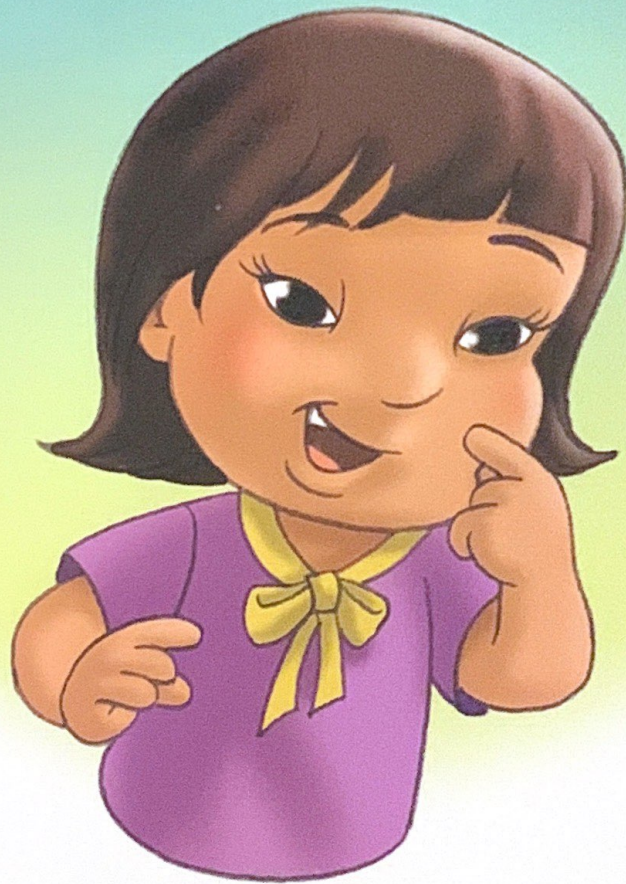
I feel so good.



This is my nose.  
I smell with my nose.



I blow my nose.  
I have holes in my nose.



I love my nose.

These are my ears.  
I wash my ears.





I hear with my ears.  
I have holes in my ears.

These are my teeth.  
I brush my teeth.  
I floss my teeth.





I chew with my teeth.  
I love my teeth.

This is my chin, my chinny-chin-chin.  
I don't know why I have it.



I love my chin!

I love myself.  
I feel so good!

