

## My Body is Nature by Laura Cowan

Part 1:

My body is nature,  
My body is my friend.

Part 2:

Listen, Listen.  
It knows, it hears, it speaks.

Part 3:

Love Yourself!  
Love Yourself!

Part 4:

I am growing into me,  
Cycling through seasons like the trees.

I am growing into me,  
Ebbing and flowing like the waves.

I am growing into me,  
Waxing and waning like the moon.

I am growing into me,  
Flying and nesting like the birds.

*Notes: Loop the first 3 parts, starting one at a time until they are sung as a layer on each other, then bring in the 4<sup>th</sup> part for 2 times and then stop each part one by one, ending with "My Body is Nature".*