

# Me

I love me.  
I love the way I shoot through the sky when I jump,  
jump, JUMP.  
I love my stretchy arms and all the shapes I can make.  
I love my wobbly belly and my wiggly toes.  
I love my curly hair and my brown skin.  
I love my brain,  
my brilliant thinky brain that maps my voyages and  
paints my daydreams.  
But sometimes there are days when I'm not sure I love  
me as much as the day before.  
So on those days  
I squeeze my eyes shut.  
I take a deep breath in.

And I blow that thought away,  
away.

So far away.

And I hug my arms around me and squish me hard.

Then

I jump and I stretch and I leap up high.

And I sing and I shout and make shapes and I wiggle

my toes and wobble my belly

and I dance on my head and think all my thinks.

And I remember just how much

I LOVE BEING ME.

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