

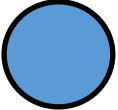






Song - It Takes 7 Simple Messages



Attitude 	Smile like the sunshine. Have some fun before the sunsets on your day. A story for you grandma, dad and lady down the road.
Air 	Stand up proud, laugh out loud.
Nutrition 	ANSWERS
Sunshine 	Smile like the sunshine. Have some fun before the sunsets on your day.
Water 	Dance like the rain. Move like the water in the ocean.
Exercise 	Smile like the sunshine. Dance like the rain. Have some fun before the sunsets on your day.
Rest 	Dream your dreams in the middle of the day.

Record some of the simple messages from the song: Attitude is the ANSWER.
Glue your worksheet in your book.