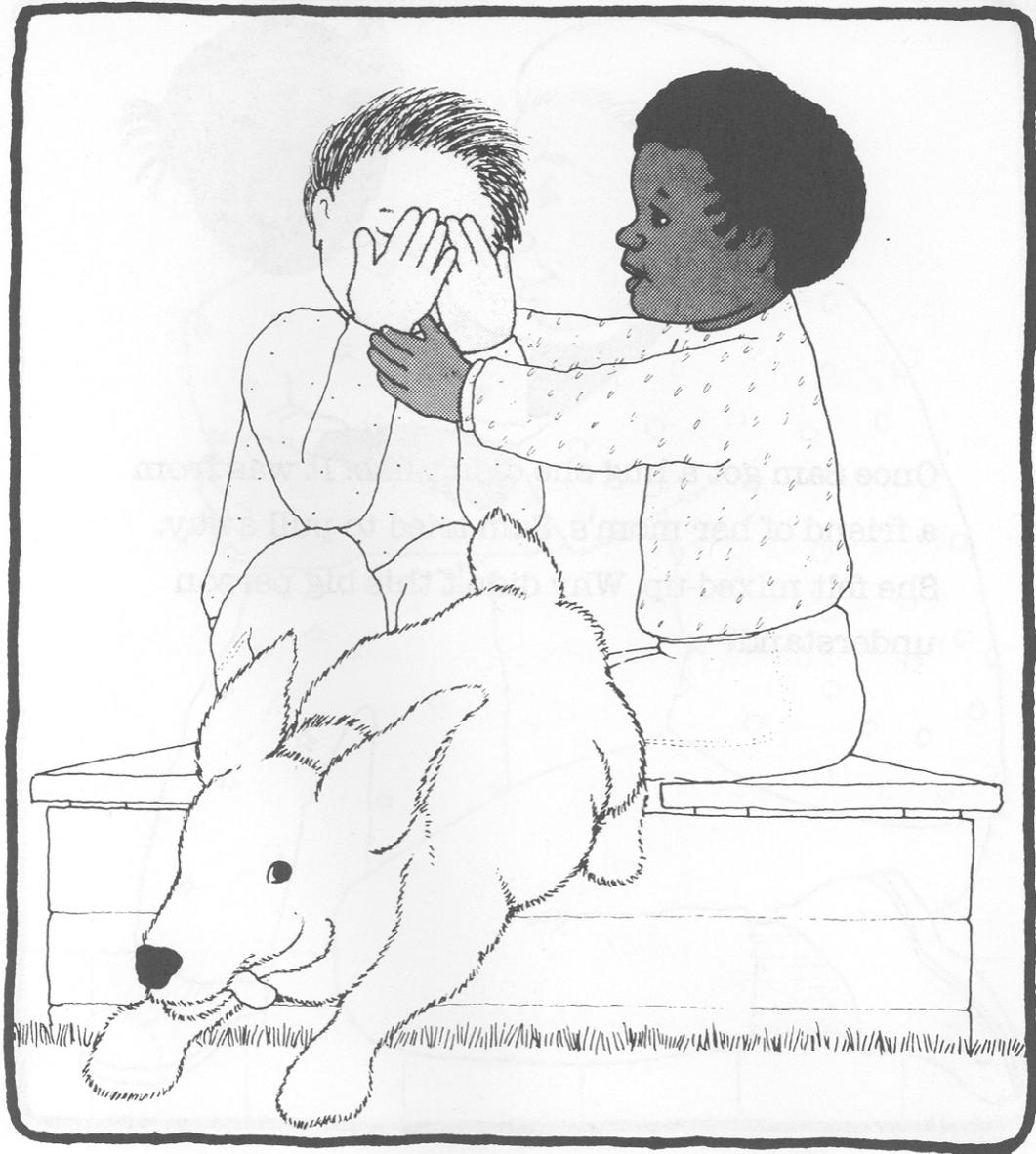


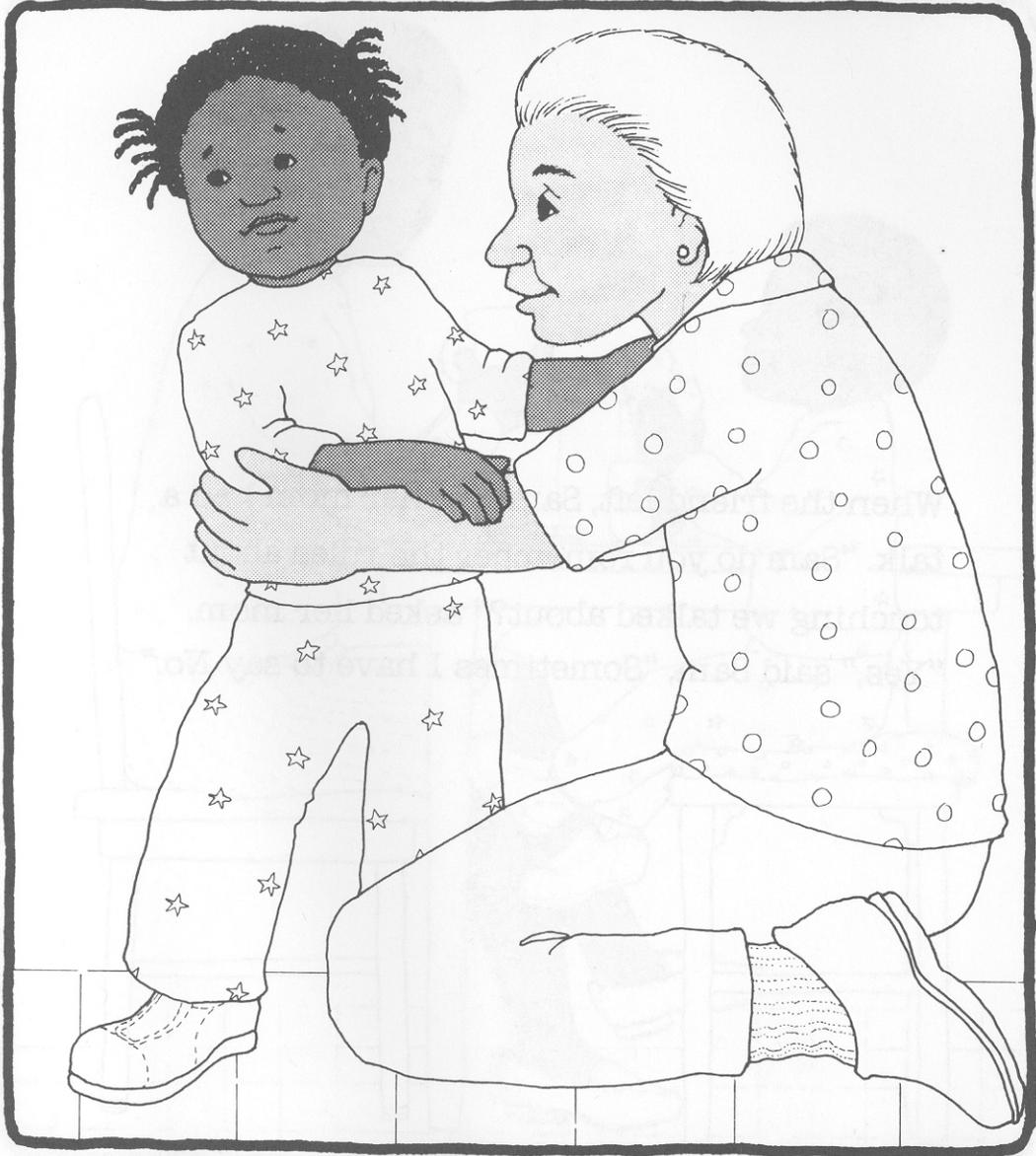
I like my head, it's a place to hang my hat  
I like my ears, I like them round and flat.  
I like my chin, it's right below my grin.  
I like, I like, I like myself.

I like my knees, don't knock 'em if you please.  
I like my toes, they points the way I goes.  
I like my hair, it grows from here to there.  
I like, I like, I like myself.

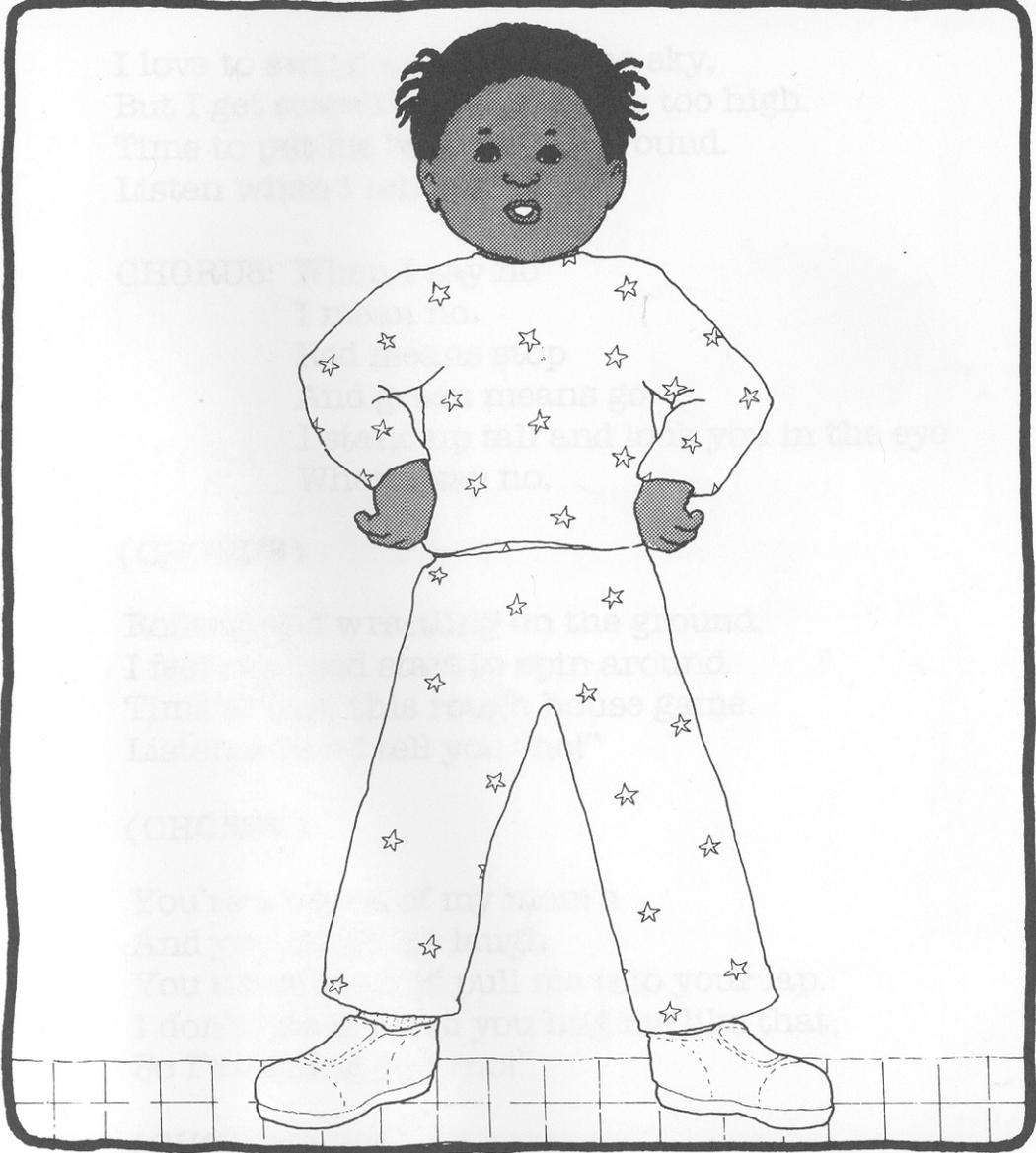
I like my dog, we love to romp and play.  
I like my friend, who comes to spend the day.  
But other times, I'd rather be alone.  
I like, I like, I like myself.











I love to swim in the sky,  
But I get scared when I go too high.  
Time to get down to the ground.  
Listen when you hear the sound.

CHORUS: When you hear the sound,  
It means get down to the ground.  
When you hear the sound,  
It means get down to the ground.

(VERSE 2)  
Refugee of the ground,  
I feel safe when I spin around.  
Time to get down to the ground.  
Listen when you hear the sound.

(CHORUS)  
You're safe when you hear the sound,  
And you're safe when you hear the sound.  
You're safe when you hear the sound,  
I don't get scared when you hear the sound.

**I love to swing and look at the sky but I get scared if you  
push me too high.**

**Time to put me back on the ground, listen when I tell you NO**

**When I say NO, I mean NO**

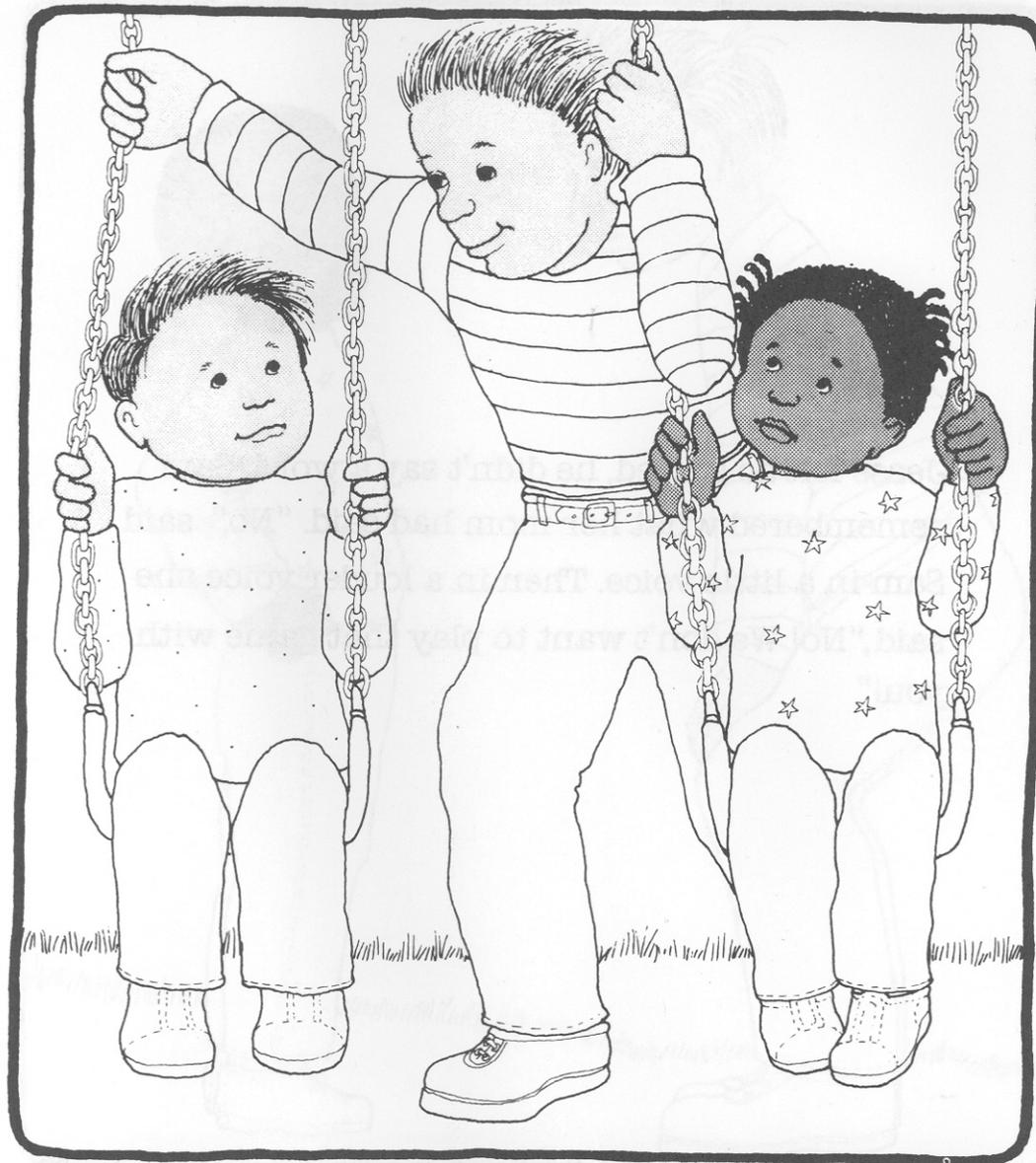
**Red means stop and green means GO.**

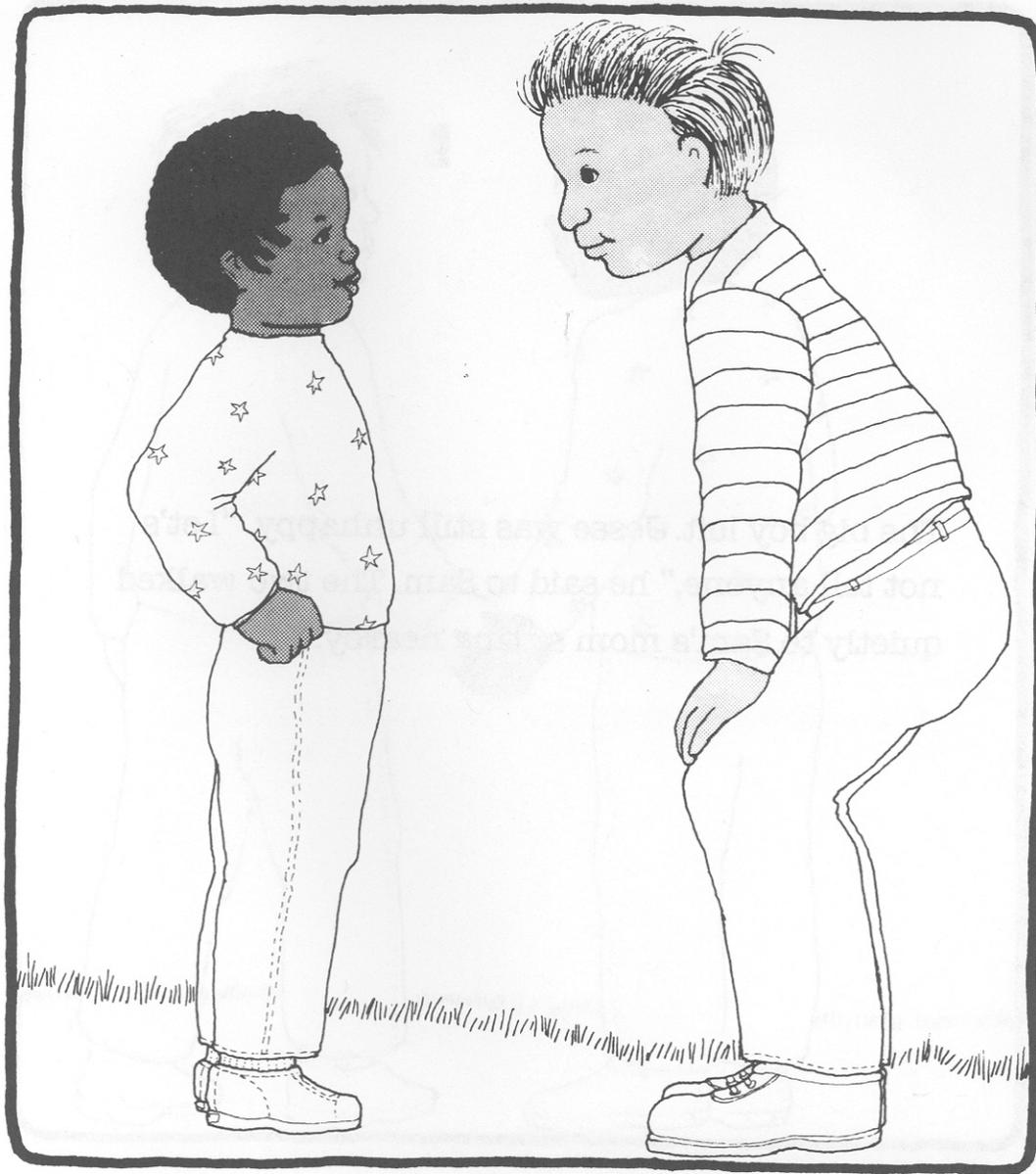
**I stand up tall and look you in the eye when I say NO**

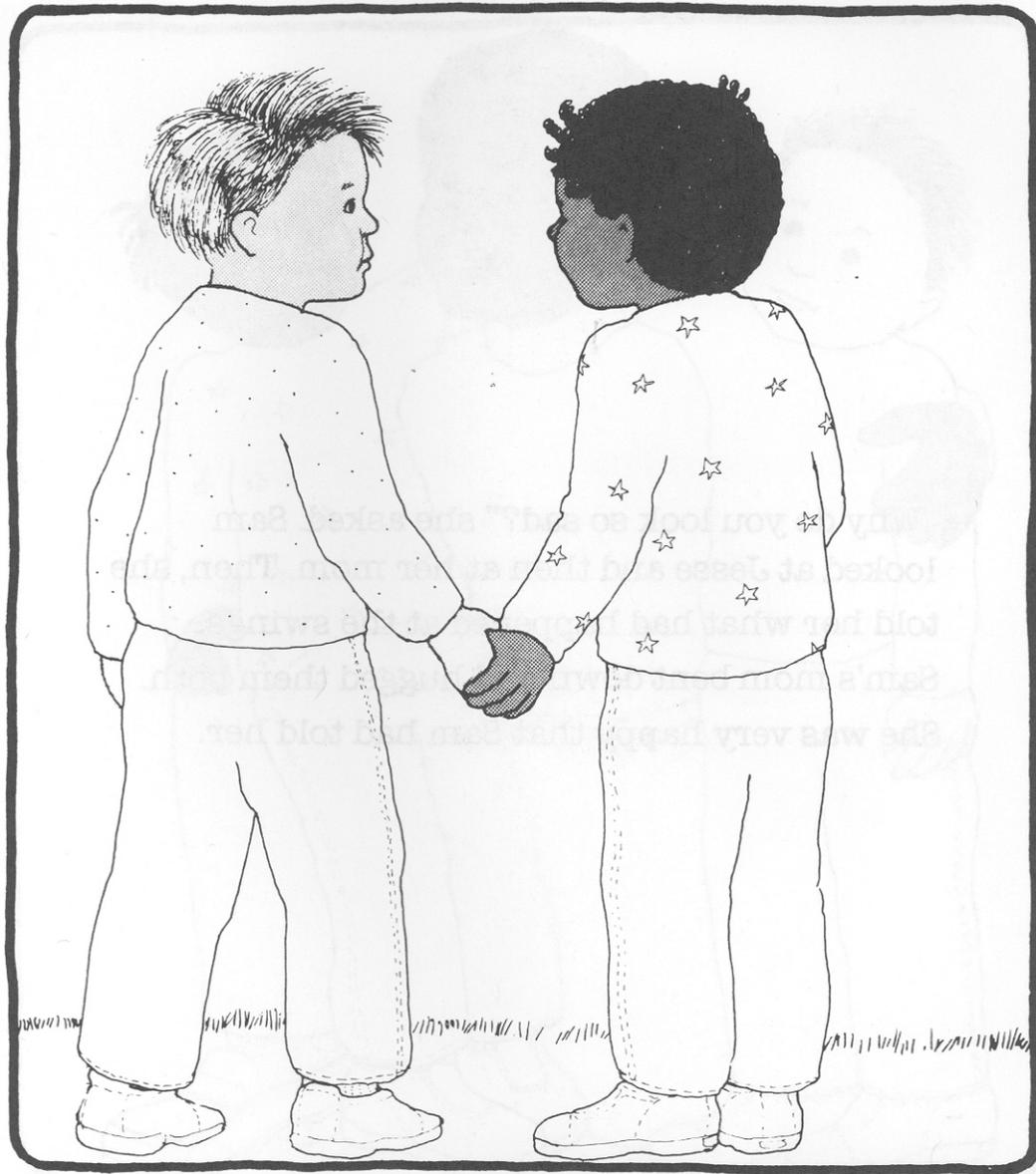
**Rolling and wrestling on the ground, I feel my head start  
spinning around**

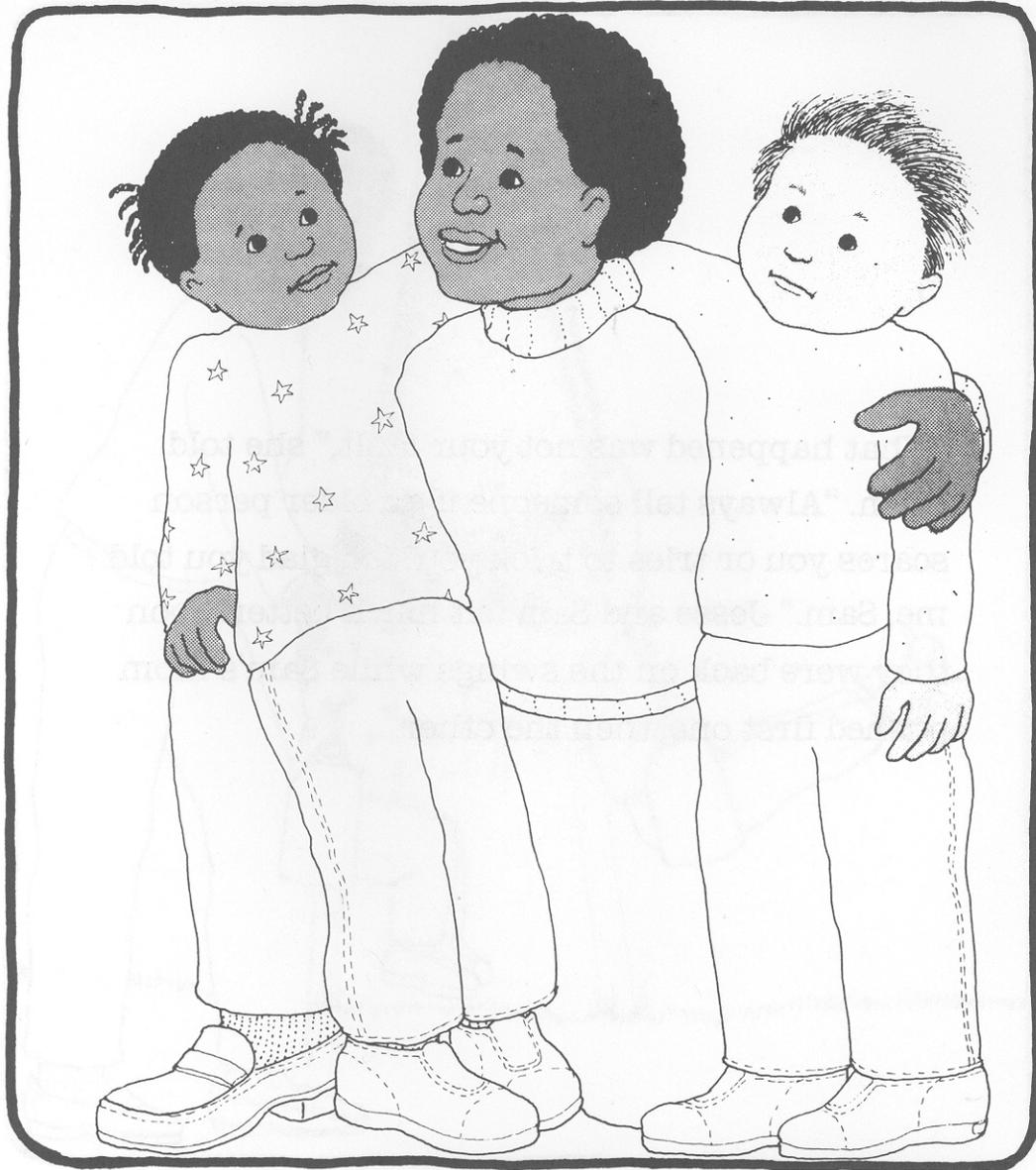
**Time to stop this rough-house game, listen when I tell you  
NO.**

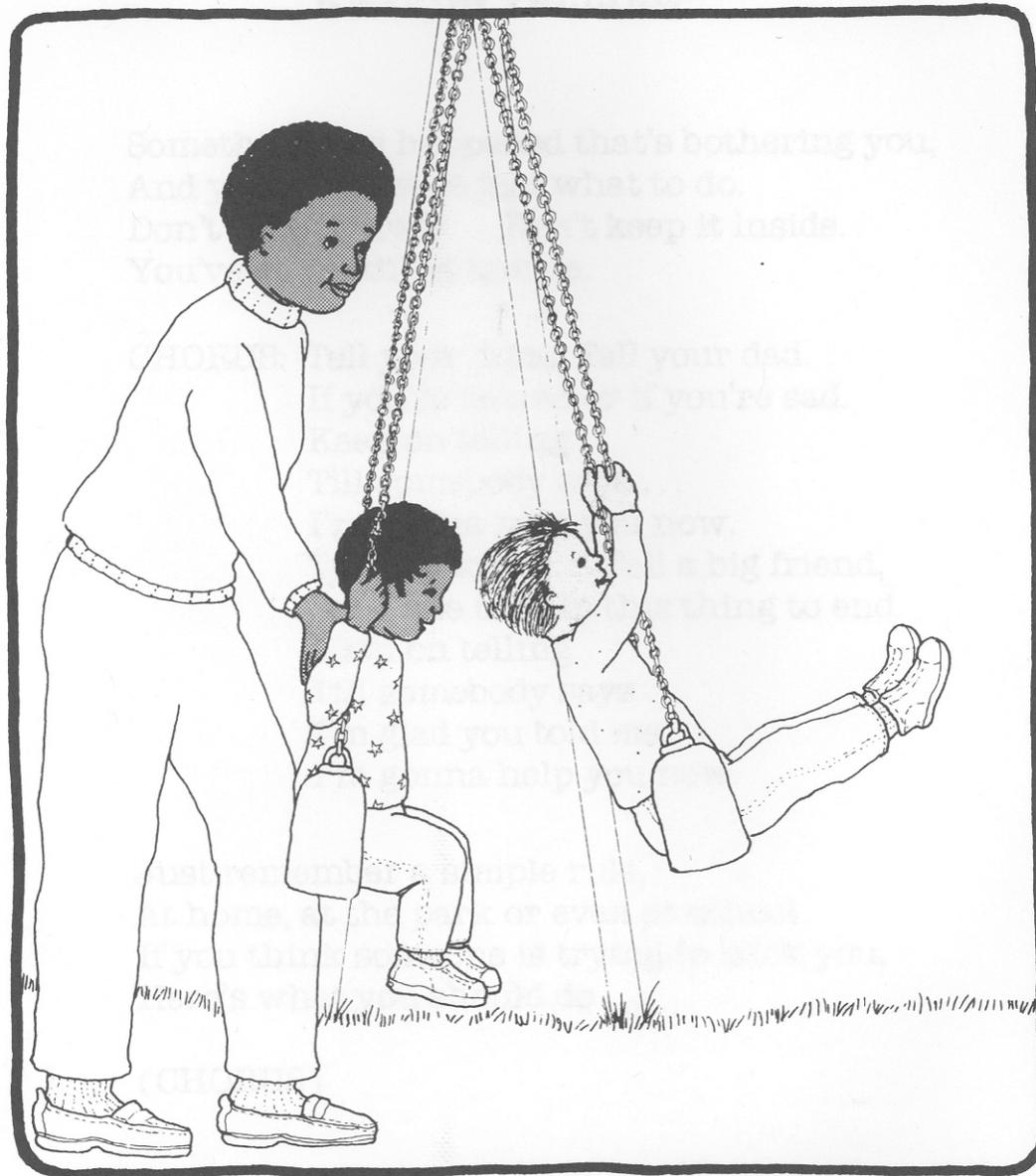
**You're a friend of my mom's and you make me laugh.  
You tickle me and pull me into your lap. I don't like it when  
you hug me like that, so I'm telling you NO.**











Something has happened that's bothering you  
and you're not sure just what to do.

Don't keep a secret don't keep it inside,  
you've got nothing to hide.

**Tell your mom, tell your dad,**

**If you're scared or if you're sad.**

**Keep on telling till somebody says,**

**"I'm going to help you now."**

**Tell a teacher, tell a big friend,**

**someone to help this thing to end.**

**Keep on telling till somebody says,**

**"I'm glad you told me .....I'm going to help you now"**

Just remember a simple rule,

at home, at the park, or even at school.

If you think someone is trying to trick you,

here's what you should do...