

You Are Here JR

Can you read **this**?

Yes?!

That means **you think**.

Since you have a **body and a thinker**,

That means **you're in charge of you**.

This is **always** true.

Let's Go!

If you meant to do one thing

But you **did something else...**

And it **felt like an accident...**

Your **body did something**

That your **thinker didn't want**

That **doesn't mean you are bad**

It means **some of your parts**

Don't line up all the time

That's not your fault

The thinker **means to be good**

And **works very hard**

But sometimes your **body can't keep up**

Which is why you **need to help it**

Sometimes we **feel hungry**

So we **eat good food** and **feel full**

Sometimes we **feel tired**

So we **take a nap** and **wake up ready**

**Your thinker feels better when your
body is cared for.**

Sometimes we **feel yucky inside**

And it makes our **body feel bad**

That means **there's a glitch**

We can **fix glitches.**

When you **feel yucky inside,**

Where? Why? When?

Learning our body's signs

Can help us fix our glitches

And help us **feel better inside and out**

We can get better at this

It doesn't have to be perfect,

But wouldn't it be fun if it was?

><^Dodecagone Systems><^