

## Good Body by Mona Haydar

Listen to “Good Body” by Mona Haydar and follow along with the lyrics on the next few pages. If you don’t have a way to listen, read the lyrics and answer as many of the questions as you can.

1. What is this song about? \_\_\_\_\_

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2. How did the song make you feel? \_\_\_\_\_

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3. What does she mean by “The body need love”?

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4. What does she mean by “Everybody a good body”?

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5. “Got so much gratitude for what this body does!” List one way that you can show yourself some gratitude and self love.

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6. Did you like this song? \_\_\_\_\_

7. Can you share another song that makes you feel good about yourself?

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## Good Body

Mona Haydar

You got a body  
Where's it at  
It's a good body  
Believe that  
That body need love  
Now run it back  
Everybody a good body  
And that's facts  
You got a big body  
A small body  
A tall body, hairy body  
brown body  
Listen to mommy  
Not one body bad  
Everybody a good body  
And that's facts

issa wha  
it's all mine  
issa wha  
I say it all the time  
issa good body  
now let it shine  
let it shine  
I'm a dime  
let it shine  
let it shine  
hit the Carleton  
in my mirror dancing  
blow myself a kiss  
muah romancing  
chillin out maxin adrenalin anthem  
Patriarchy smashing end of man-handling  
Reduce me to my hair or my derriere

Take care not to get lost in this side eye glare  
No it is not fair  
I do not care  
You have no right to this body or hair  
Goodness gracious  
Know what your place is  
Free to be you in a sea of tuned faces  
You can catch me where the boom boom bass is  
Let the boom boom bass hit

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5 foot nothing that's me  
I'm tall as I need to be  
To manifest all of these dreams  
Hard to find the right size jeans  
But I stay so fresh and so clean  
Body positive body neutral  
I do not approve of your disapproval  
Let people be what they want to be  
No judgment no discussion  
Just abundance of that fundus  
My FUPA supa dupa  
Scream Hallelujah  
Pan or non-binary

Open like library  
Got so much gratitude for what this body does  
and doesn't do, doesn't do  
My value isn't in my ability  
It's about what I do with my own possibility  
We are shutting  
Down the judging  
You are bugging  
We are stunning  
See us stunting  
We are stunning

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Everybody a good body  
And that's facts

Listen to mommy X3  
Not one body bad