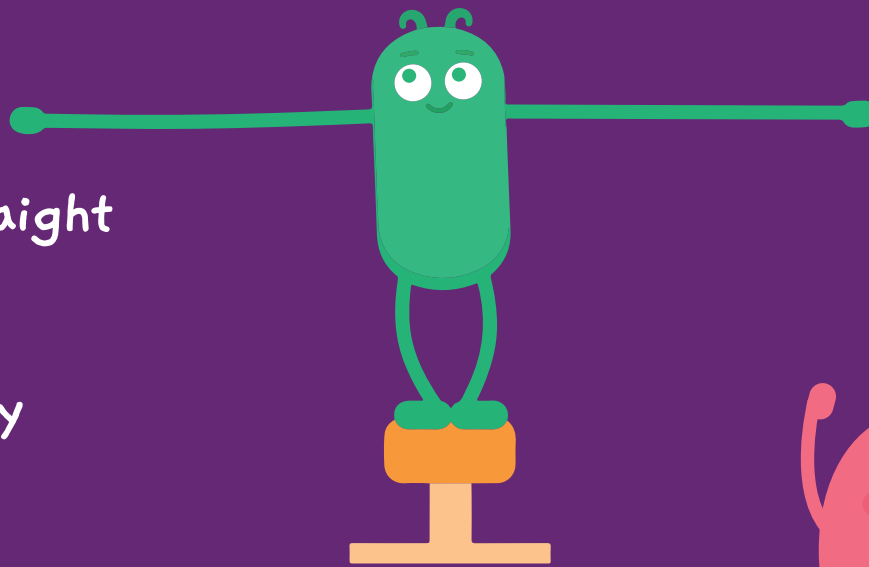


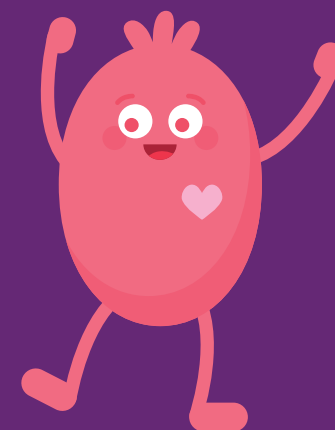
Media Balance Is Important

Lyrics by Leigh Hallisey & Common Sense Education

Balance is important
For me and you and you
Balance helps us stand up straight
And keeps us in our shoes

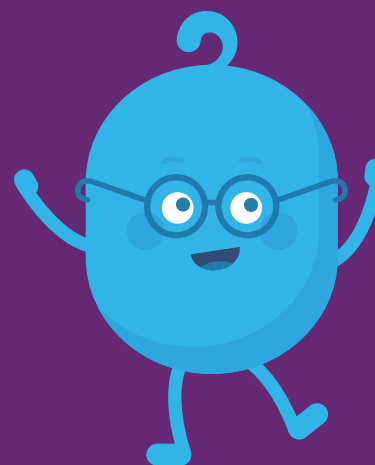


But sometimes with technology
Balancing's hard to do
Yes, balance is important
For me and you and you



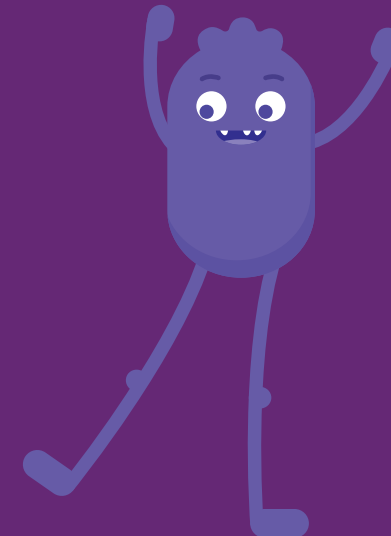
So gather 'round to hear our song
You'll learn these words are true

When you ... Look up from your screen when a friend says hi
Share your game if they want to try
Play outside when the sun is bright
Devices go off when you say goodnight



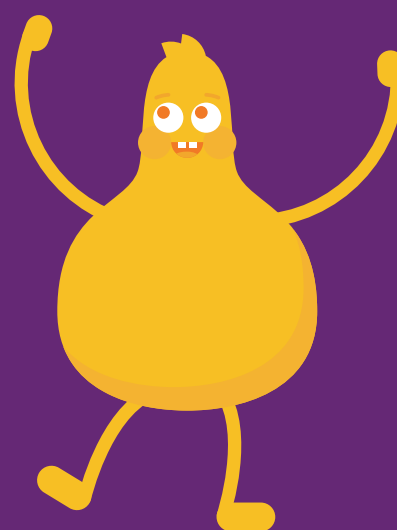
It makes your whole self happy
When you're balancing just right

Balance is important
For me and you and you
Your Heart, your Head, your Arms and your Legs
Need that balance, too



Too much of something
Can make you mad or blue
So trust your Guts, get on your Feet
There's so much that you can do!

When you ... Ask before you take a phone
Invite a friend if they're all alone
Stick to sites you know online
Go outside when the weather is fine



It makes your whole self happy
When you're balancing just right

Media balance isn't easy
We know that this is true
Just think about this balance song
It will help you through

