

“FINALE”

ALL

Clap your hands everybody, everybody clap your hands
Clap your hands everybody, everybody clap your hands
The Best Me is the way to be
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The Best Me is the way to be
The Best Me is the way to be!

Wave your hands in the air like this, don't stop, don't quit
Now nod your head up and down, and all around
Next thing you do is the Best Me Bounce, work it out
Now drop it low, go to the ground, break it down!

Hey Max, get on it
Tell us your Best Me Promise!

MAX

When Sano rolled through I learned a lot
My screen routine has got to stop
I put my limit at an hour a day
Any more than that wouldn't be okay
It's one thing to watch my favorite show
But I don't have to watch, like, eight in a row
So, I'm gonna be like Sano
Turn off the screen and have some fun y'know

ALL

Hey Dani, jump on it
Tell us your Best Me Promise!

DANI

So check it, I know I gotta be the Best Me
What did I do? Took a cue from TLC
I'll tell you what they told me
Choose Good Food to stay healthy
I have energy the whole day
Whether I wanna study, run, jump, laugh or play
Hey, if I can do it, so can you
Eat veggies and fruits; that's cool food!

ALL

Hey Kayla, jump on it
Tell us your Best Me Promise!

KAYLA

I learned something I want to share
I know I can groove it anywhere
Even when I'm stuck inside the house
I'll jump and dance, I don't have to pout
If you can't play outside
Be creative, use your head
Either way one hour each day go play
Like Queen Activité said!



ALL

Hey Tino, jump on it
Tell us your Best Me Promise!

TINO

¡Que cool! HydroGirl stormed in
And taught me an important lesson
I gotta choose that H₂O
Fill up my cup and I'm good to go
So when you need to quench your thirst
Pick soda last and *agua* first
Se siente mejor living soda-free
Por fin I can say I'm the Best Me!

ALL

One small change, I'm gonna try, you're gonna see I'm
gonna be the Best, be the Best—be the Best Me
Put your mind to it, and you too can succeed
Yep, be the Best, be the Best—be the Best Me!

Wave your hands in the air like this, don't stop, don't quit
Now nod your head up and down, and all around
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Now drop it low, go to the ground, break it down!

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