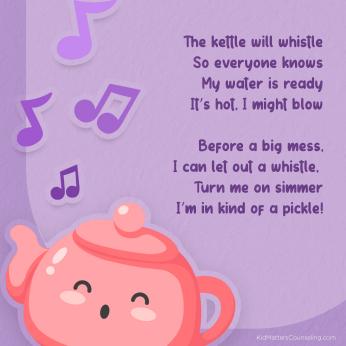


By Susan Stutzman

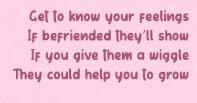
I'm like a teapot Ready to blow I'm bubbling up I might overflow

Listen to my insides
Rumbling round
Out comes the steam
Ond I make a sound









To change a big Feeling
Try to practice a lot
Moving or doing
So the "hot" won't get caught



So next time you're reelings are about to explode
Try a wiggle or giggle
Teach your body like so:

Wiggle, Wiggle
Giggle, Giggle
Whistle, whistle
Move your arms
Wiggle, Wiggle
Back and Forth
Shake your body
Let it out





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