

Teapot Regulation




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
And I make a sound



A red kettle with a face, including two eyes and a mouth, is positioned at the bottom of the page. Above the kettle, several purple musical notes of different sizes are floating. The background is a light purple color with a subtle pattern.

The kettle will whistle
So everyone knows
My water is ready
It's hot, I might blow

Before a big mess,
I can let out a whistle,
Turn me on simmer
I'm in kind of a pickle!

People and teapots
Steam, bubble, and blow
Have big emotions
And sometimes explode



Get to know your feelings
If befriended they'll show
If you give them a wiggle
They could help you to grow

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 feelings
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




The End

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