

Stuck

I got stuck, really, really stuck
Arms and legs are stuck, head and feet are stuck
Two legs in one leg hole, one arm out the head hole
Its not what I wanted, I'm so very stuck oh!

And I feel mad, mad and stuck and sad
I don't want any help,
not from my mum, not from my dad

I might scream and cry
Rubby rub my eyes
I'm so very tired of being
stuck, stuck, stuck oh!

But then I sigh and breathe deeply three times
Careful, careful have another try
Sometimes when I work hard, give myself another chance
I can get unstuck and maybe end up feeling fine