

## The Bird That Did His Best



A little bird fell out of a tree.  
He was sad because he hurt his knee.  
His knee was hurt but he didn't cry  
Because he needs his strength to continue to fly.

He brushed himself off and spread his wings wide.  
And held his breath and put his fears aside.  
He flew high in the air and back to his nest,  
And was happy because he did his very best.



## FUN THINGS TO DO WITH YOUR CHILD

1. Create a bird puppet out of a paper bag. Use crayons or markers to draw the eyes and the beak.
2. Recite the rhyme while your child acts it out. Encourage your child to depict the facial expressions to show the emotions the bird felt.
3. Have your child recall an experience where he did not let his fear stop him from doing something or completing the things he wants to do. Talk about his feelings and how he felt.



### Tip

Talk about why it is important not to give up easily but to persevere in order to overcome obstacles or challenges.