

Terry the Tadpole Learns Tools for Change

Terry was a tadpole.
She lived in Silver Pool.
Every day she went to swim
With pals from her own school.

But one day Terry woke up,
Felt a pang of awful horror.
A leg was growing out of her
Where none had grown before!

Terry thought this must be bad,
She felt she was a freak.
She didn't know the facts, and so
Her fear just made her weak.

She tried to hide her leg,
But she was sure it had to show.
She felt like staying home.
She didn't want her friends to know.

The next day in the classroom
Teacher jumped into the pool
And said, "Today's the day you'll learn
You'll all be hopping soon."

"The facts are not uncertain.
For a while you may feel odd.
You're not quite tadpoles anymore,
But neither grown-up frogs."

Ms. Frog taught what would happen,
While not for everyone the same.
A few brave tadpoles raised their hands
And said they'd noticed change.

Some had legs that grew on bellies.
Some were growing fatter butts.
Some were getting bigger muscles.
Some felt awkward, like a klutz.

Some even wondered right out loud
What was wrong with them?
They hadn't noticed anything
From head to tail-end fin!

The teacher had the answers -
Terry knew she could feel great!
They had a lot in common.
It was *normal* - a tadpole's fate!

When Terry told her family
How she'd woken feeling strange,
How the teacher said it right OUT LOUD,
It wasn't strange, but CHANGE!

Her family told their stories
Of how they'd felt anxious, too.
How they'd wondered, "What's the deal?"
When their body change was new.

They said at first they'd worried, too,
When friends grew more or less.
Taller, shorter, fatter, thin,
Each different than the rest.

Terry was glad to have the facts
And glad that she had talked.
The answers helped to calm her -
Now she knew that soon *she'd* hop.

Her body sure was changing
Her friends would soon change, too.
It would take some time to get there,
But she knew now what to do.

She had to wait and watch and wonder
How her looks would be.
Meanwhile, just play and learn and grow
And keep herself HEALTHY.