

Do you know what I can do?

Written by Carla Piper

When the sun comes up in the morning, I get out of bed.
I start my day in a happy way, by getting myself dressed.
First I take my pajamas off, I put on my pants.
There are many things I can do alone, if I tell myself I can.

Do you know what I can do? I can put on my shirt. Can you?
I don't need any help. I can do it myself.
Can you? Can you?
Do you know what I can do? I can put on my shoes. Can you?
I don't need any help. I can do it myself.
Can you? Can you?

I'll admit when I need help I ask for it. Do you?
Some things I don't know how to do.
Like buttoning my shirt or tying my shoes.

Another thing I like to do is eat my breakfast food.
My mom puts my cereal in my bowl I eat it with my spoon.
When I drink a glass of milk I'm careful not to spill
My mom is very proud of me 'cause I eat very well

Do you know what I can do? I can eat with a spoon. Can you?
I don't need any help. I can do it myself.
Can you? Can you?
Do you know what I can do? I can sip with a straw. Can you?
I don't need any help. I can do it myself.
Can you? Can you?

I'll admit when I need help I ask for it. Do you?
Some things I don't know how to do.
Like peeling an apple or pouring my juice.

There are many things I can do. I'll try to name a few.
I can brush my teeth with my toothbrush. I can squeeze the toothpaste tube.
I can go to the bathroom all alone. I can even wash my hands.
I wash with soap and water. Can you? I bet you can.

Do you know what I can do? I can take a bath. Can you?
I don't need any help. I can do it myself.
Can you? Can you?
Do you know what I can do? I can comb my hair. Can you?
I don't need any help. I can do it myself.
Can you? Can you?

