

Narwhal, I Believe in You

My wonderful Narwhal,
I love you through and through.
You don't have to change
one thing about you.

But you might come to find,
as you swim and you weave,
there are some things you'll decide
that you want to achieve.

You might want to dive
down to the sea floor
or swim even faster
than ever before.

New things might be hard.
We learn as we go.
When we face a new challenge,
we gain skills and we grow.

With time, my dear Narwhal,
I know you will learn
when hard is too hard,
give resting a turn.

You can trust in your heart
and your body to know
just when to swim fast
and when to swim slow.

I trust you to know
what's the best pace,
no matter what kinds
of hard things you may face.

So don't be afraid
when the swimming gets tough,
riding big waves
is exciting, fun stuff!

Even when you wipe out,
like we've all done before,
it's just how we learn
and it helps us grow more.

It's not always easy
to reach for the sky.
Just take a deep breath,
then give one more try!

Remember, I'm here
when you try something new.
We can make a plan
to help you get through.

My wonderful Narwhal,
you know you best.
Keep trying hard things,
but know that it's okay to rest.

When you face a new challenge let your heart be your guide.
Repeat this and know you are strong deep inside.

I can do hard things.
I can pause or push through.
I trust my body and heart.
I know what to do.

