

*To my mom for always being there for me. I love you!*  
- Julia Cook

*To my three little verbs, Sophia, Abigail, & Jack.*  
- Carrie Hartman

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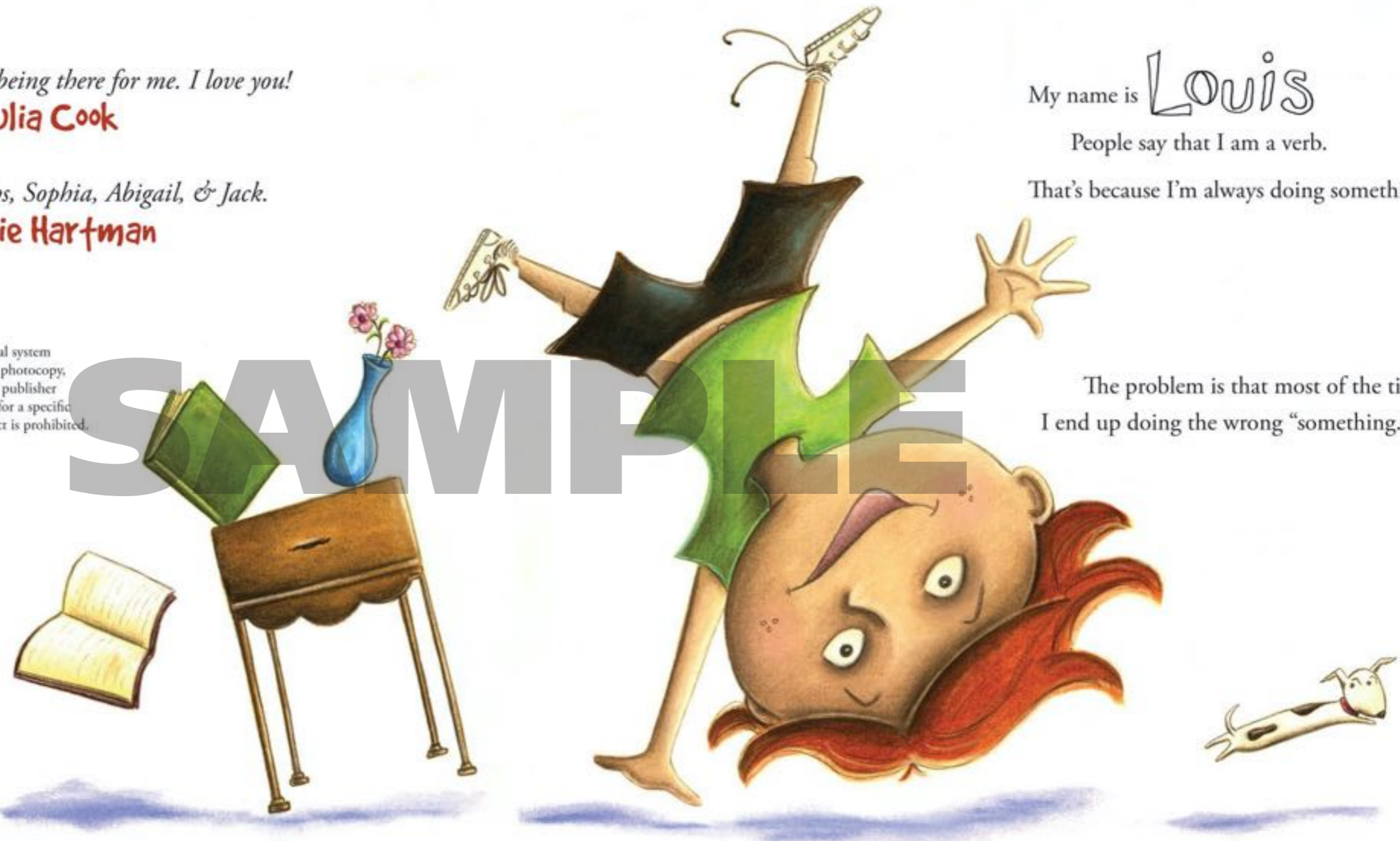


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My name is *Louis*

People say that I am a verb.

That's because I'm always doing something.

The problem is that most of the time,  
I end up doing the wrong "something."



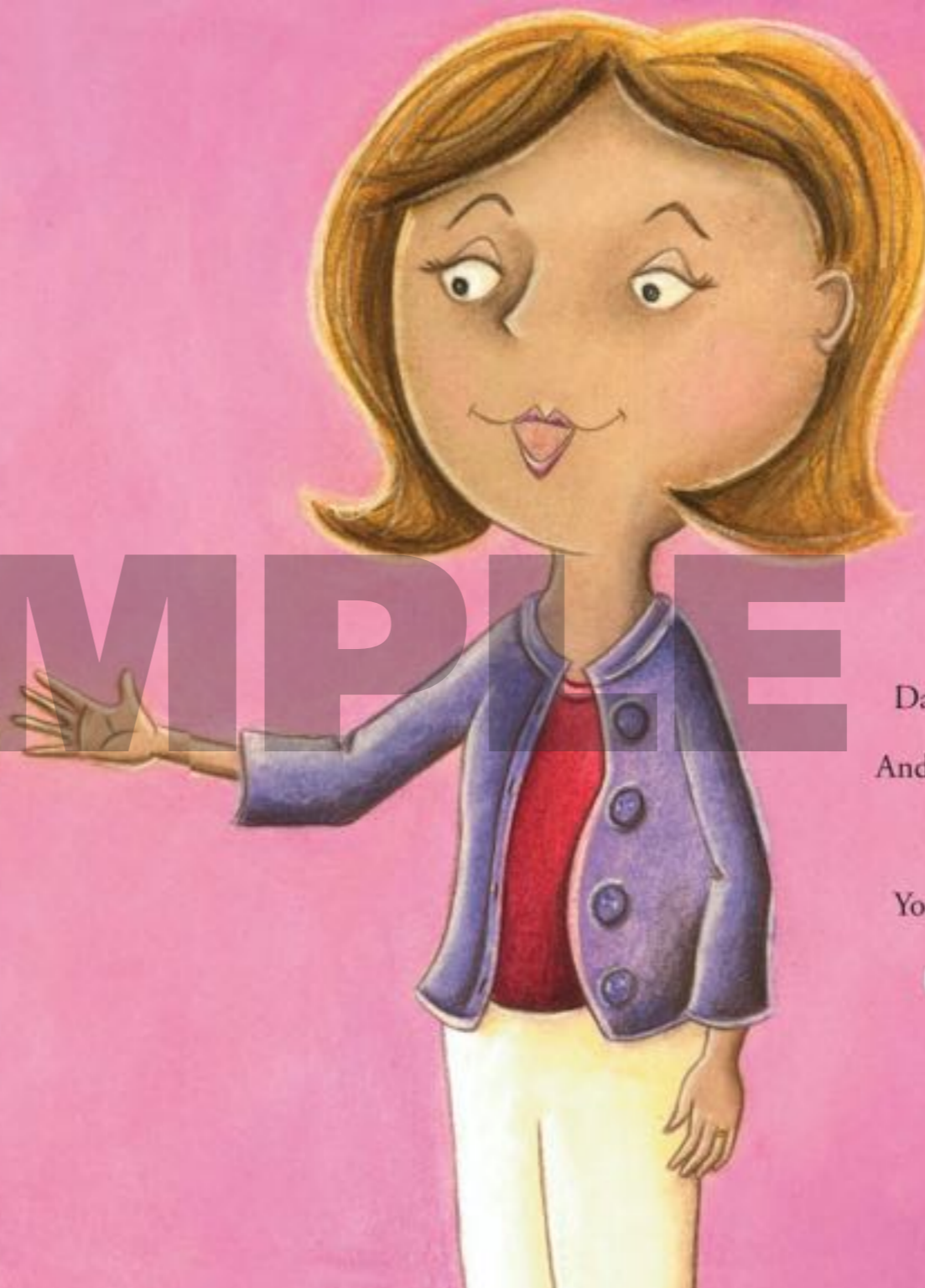
“You can change, said my mom. All you have to do is learn how to focus.”

“I try and I try, I said to my mom, but I just can’t do it.”

“I think I know how to help you,” said my mom.

First of all, whenever you know you are going to have to sit still for a while, wiggle your wiggles before they wiggle you.”

“What does that mean?”  
I asked.



“Scratch your knees.

Wiggle your toes.

Stretch your skin.

Crinkle your nose.

Shake your elbows.

Bend at the waist.

Dance in a circle,

And scrunch up your face!

You be in charge of all wiggles at large.

Wiggle them **first** so they  
can't make you **BURST!**”