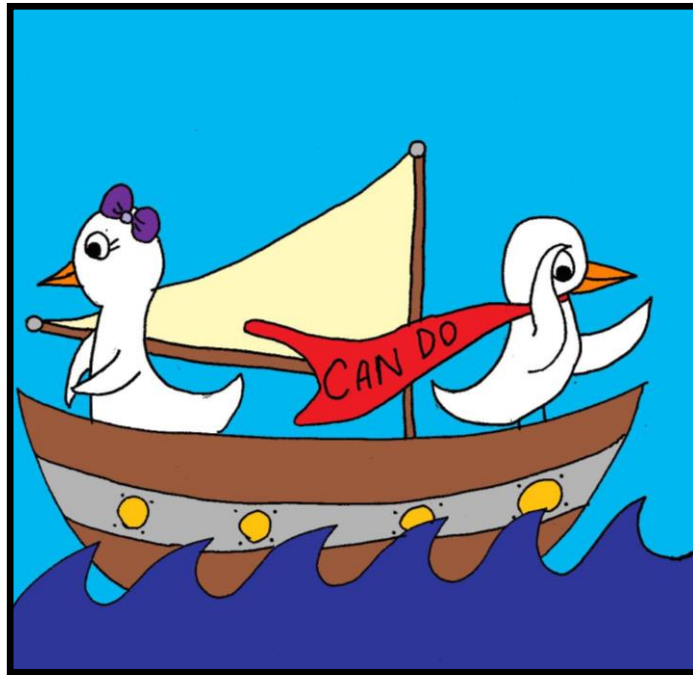


Can Do's **Attitude of** **Gratitude**



A Story about Appreciation and Giving

by Ducktor Morty Sosland, MD
with
Esther Deblinger, PhD
Illustrations by Arielle and Sarah

Can Do's Attitude of Gratitude

A Story about Appreciation and Giving

**by Ducktor Morty Sosland, M.D.
with
Esther Deblinger, Ph.D.
Illustrations by Arielle and Sarah Sosland**

© 2020

Can Do Duck Publishing

For more information or to order additional books,
please visit

TheCanDoDuck.com

Or contact

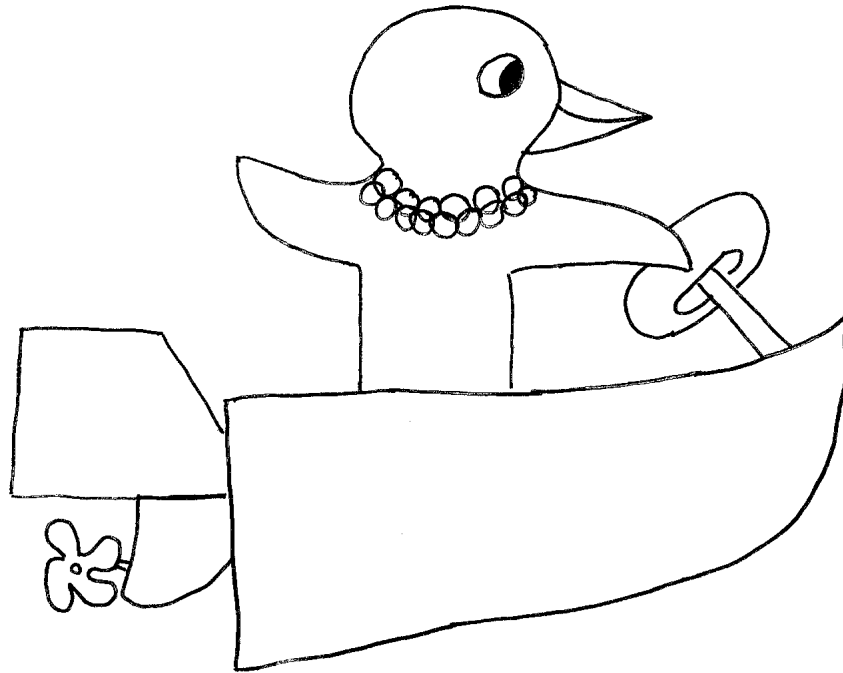
[**DucktorMorty@theCanDoDuck.com**](mailto:DucktorMorty@theCanDoDuck.com)

**To Esther, Arielle, and Sarah whom I greatly appreciate. Thank you for
giving me so much!!!! LUHM!!!!**

Table of Contents

1. Stuff.....	4
2. We Do Need More.....	5
3. Jack and Jill.....	7
4. Appreciation.....	8
5. Ferd.....	10
6. Making a Plan.....	12
7. The Giving Ship.....	14
8. The Storm.....	16
9. Working Together.....	18
10. Fetch a Whale.....	20
11. Giving Day.....	23
12. Your Chapter.....	27

Chapter 1 Stuff

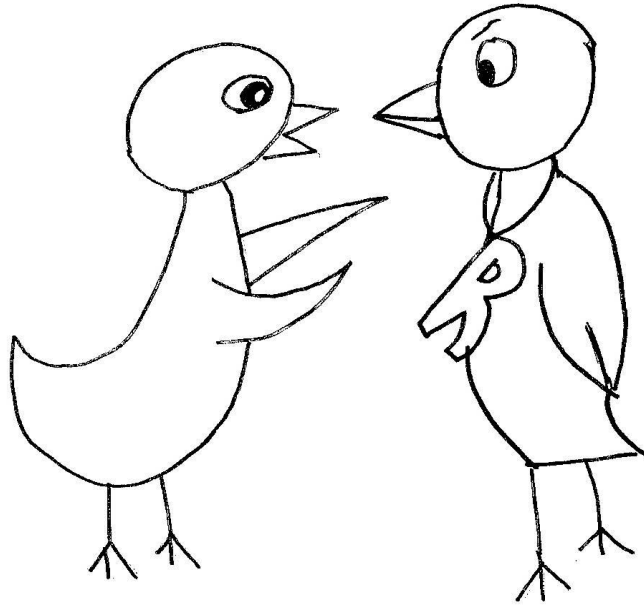


There's something that's not meant to be,
and that's a duck with jewelry
cause wearing necklaces and rings
isn't good for a duck's wings.

The ducks weren't happy with what they had.
They envied others and felt bad.
They felt they didn't have enough
and wanted all kinds of stuff.

Even Can Do, with all his fame,
he was acting just the same.
Can Do wanted more and more
toys and things upon the shore.
And even though Can Do could float,
he bought himself a motor boat.
He almost hit a duck or two.
Look out ducks! Here comes Can Do!!!

Chapter 2 We Do Need More...



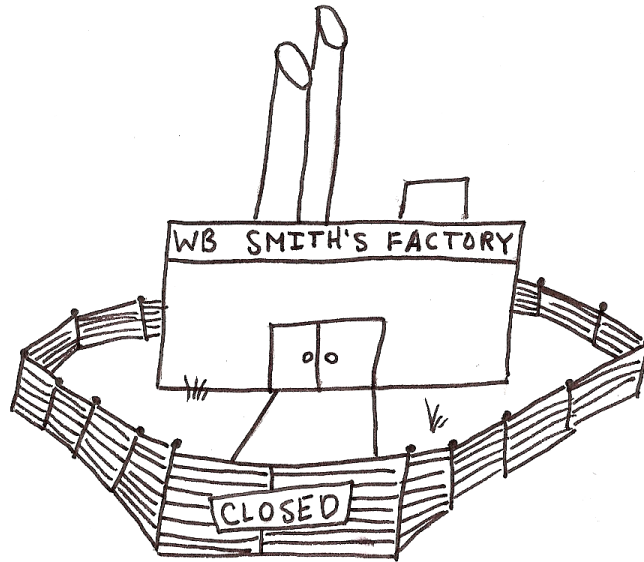
At the pond one fine fall day,
the ducks had all come out to play.
The leaves turned colors on the trees,
some drifting downward in the breeze.
The first frost would in time appear.
The holidays would soon be here.

A duck walked up to Can Do
and asked him what the ducks should do.
Around his neck was a gold R,
which you could see from very far.
“Hello, Can Do. My name is Russ.
I think we need more for us.
The children who live nearby
have so much more than you or I.”

Can Do said, “Russ, I agree.
We do need more for you and me.
The kids who feed us have more stuff.
We ducks do not have enough.”

Now Lilac came and joined in too.
“I am surprised at you, Can Do.
You are my very good friend,
but this attitude must end.
"There's one thing I agree with you.
We do need more. I think it's true.
From hearing this whole conversation,
we need more APPRECIATION!!!!
We need to change our attitude.
We need a lot more gratitude.”

Chapter 3 Jack and Jill

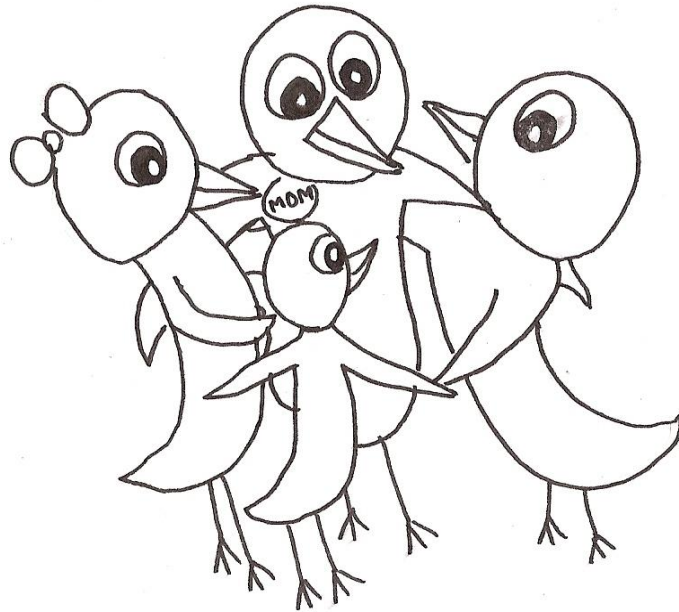


Can Do and Lilac went to see
the kids in the community.
They stopped at a house on a hill.
“We have missed you, Jack and Jill.
We haven’t seen you in a while.
We’ve missed your bread and missed your smile.”

“You haven’t seen us around
because we’re moving out of town.
Dad lost his job at the factory
so we have to move in a hurry.
There's no work here for our dad,”
said Jill who looked very sad.

“We did not know,” said Can Do,
“about what you were going through.”
“I must admit,” said Can Do,
“I was quite jealous of you.
I thought that you had so much stuff
and that I did not have enough.
If there’s anything we could do,
we will do it,” said Can Do.

Chapter 4 Appreciation



Can Do told Mama Duck about his day,
and how he'd come to feel this way.
How he had wanted other stuff
but now he knew he had enough.
"I want to help out Jill and Jack.
I want to get their dad's job back."

Mama Duck smiled at Can Do.
"I'm not sure what we could do,
but I am sure I'm proud of you.
You deserve the name Can Do.
When we appreciate what we've got
we see that we can do a lot!"

At the pond there was a crowd,
Can Do spoke clear and he spoke loud.
"My name's Can Do, it's not Can Get.
That's something we must not forget.
Let's take a moment and let's state,
all that we appreciate.

I appreciate you and you and you.
I appreciate all that you do!
Now everyone let's have a hug.
Let's all hold wings, nice and snug.”

*Reader, it's time for you to state,
What do you appreciate?*

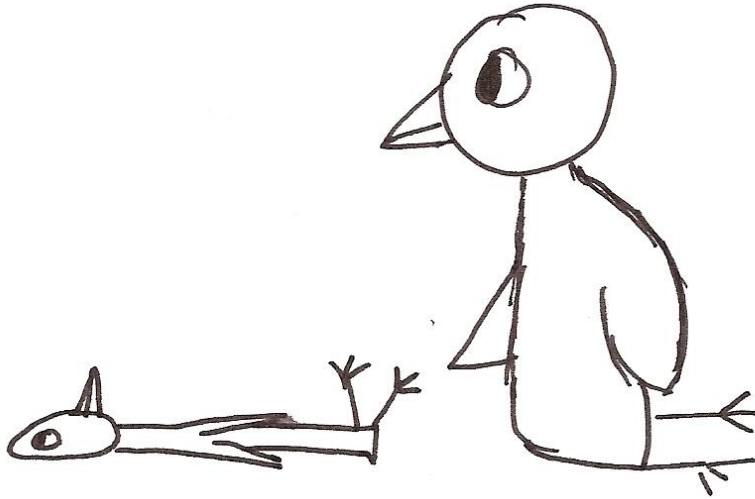
Now Lilac spoke to the crowd too
and she said Thank you and Thank you, Can Do, too.
My mama told me every day,
appreciate in some small way.
She always does appreciate
even if it's just a pea she ate.
It doesn't matter if you don't have a lot,
but what you do with what you've got.”

Can Do cheered and said, “Hurray!
We can figure this out today.
There are families who come and feed us,
and now they're the ones who need us.
We'll find jobs for those in need.
We can do it! Yes indeed!”

But now that they were feeling strong,
another challenge came along...

Chapter 5

Ferd



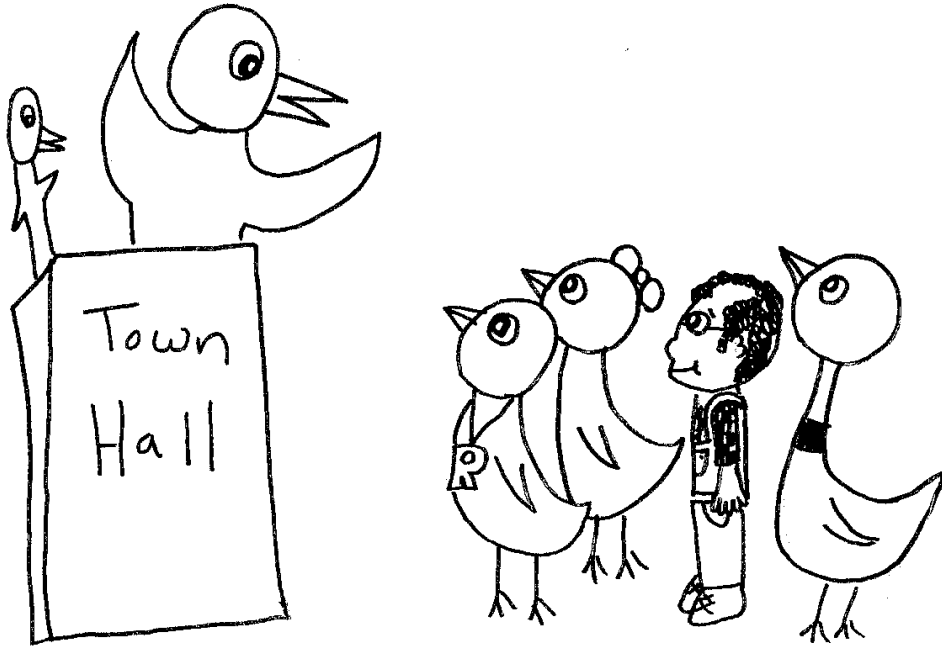
Just then they saw a bird fly in.
They'd never seen a bird so thin.
The bird was tired and all worn out.
It landed first and then passed out.
After a moment when it came to,
the bird looked up. "Where is Can Do?"
Can Do knelt down beside the bird,
who told Can Do his name was Ferd.
"I have been flying here for weeks.
We need some food to fill our beaks.
There is a famine where I'm from.
If you have food, we sure need some."

They brought him water in a cup,
and then the duck named Russ spoke up.
"I do not mean to be rude,
but we cannot bring so much food.
What can we do? We are just ducks.
We don't have ships. We don't have trucks."

Can Do looked Russ in the eye.
"Let's not give up before we try."

I know we can do it! I'll tell you why.
Remember how we learned to fly.
We might not yet have a plan,
but we can start by saying, **WE CAN."**

Chapter 6 Making a Plan



That night they invited one and all
to a big meeting in town hall.
Can Do stood up and began to say,
“We can help at home and far away.”

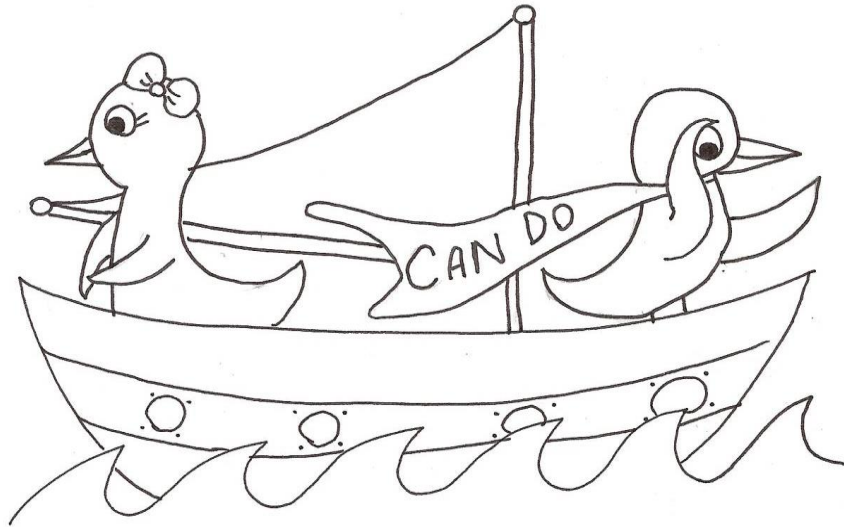
And just as they all sat down,
Russ stood up and had a frown.
“I don’t think we can help today.
I just do not see a way.”

And then Lilac stood up too,
“There’s always something we can do.
I will skip my lunch today.
I will give my food away.”

Jill and Jack's dad stood up now.
“I'd like to help but I'm not sure how.”
I've lost my job. You might have heard.
But I am ready to help Ferd.”

“Now, we're talking!” said Can Do,
“I knew that we could count on you.
We'll get a ship and bring supplies.
We can solve this if we're wise.”

Chapter 7 The Giving Ship



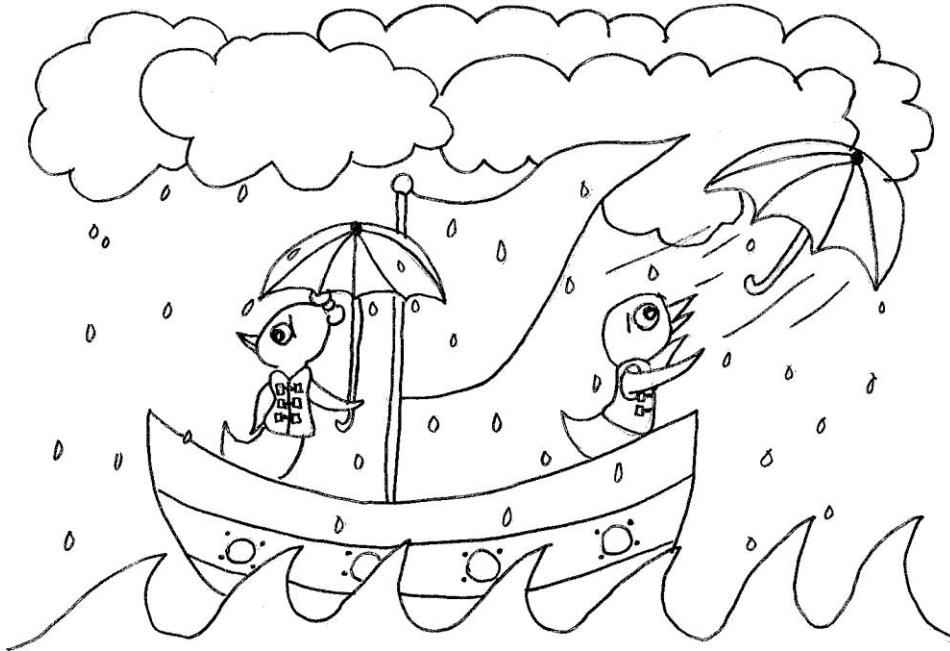
They sold their jewelry and rings.
They had to buy a lot of things.
And there's one thing that we should note.
Can Do sold his motor boat.
Soon the whole community
was working all in unity.
They collected all their needs.
Ducks and birds flew in with seeds.
People worked along with ducks
to gather food and drinks in trucks.

At the end of the day,
Can Do stood up to say,
"We said, **We Can!**
We made a plan.
We got right to it.
And now we'll do it!"
And then Can Do shared more great news.
"We have a ship that we can use!"

Man, woman, duck, and bird --
all set sail to help out Ferd.
Even Russ came along
although he thought it was wrong.
They brought some beavers to help out.
They could build dams without a doubt.
They brought cows for milk and cheese --
chickens for eggs and honey bees.

This was not just a vacation.
They were there to save a nation.
They were on a giving trip
and called their boat **The Giving Ship.**

Chapter 8 The Storm



Out at sea, a storm hit hard.
All of them were caught off guard.
The wind and waves rocked the boat.
They worried that it would not float.
They did not know what to do,
so they went and asked Can Do.
Can Do looked up at the sky,
and this was Can Do's reply,
"Let's all talk and think this through.
There must be something we can do."

Then Lilac spread out her wings.
"All of us can do great things.
We all have a pair of these.
With our wings we'll make a breeze.
With that breeze, we'll move the storm,
so we will be safe and warm."

Then Russ stood up and shook his head.
And this is what that duck Russ said,
"Move a storm? There's no way.
We were not born yesterday."

Then Can Do said, "Well, let's see.
Start flapping your wings, 1, 2, 3!"
The air from all the flapping wings
started to do amazing things.
All at once and all together,
they moved the clouds and changed the weather.
They were amazed at what they'd done.
Through the clouds came rays of sun.

Chapter 9 Working Together



Finally, the ducks reached land,
but all they saw was lots of sand.
What they saw was very sad.
Things were very, very bad.
There was no food and nothing to drink.
It was worse than you could think.

Each duck brought a stone or stick.
The beavers could build dams so quick.
Jack and Jill's dad helped lay pipes.
They planted seeds of different types.
They showed the people that they cared.
Everything was now prepared,
but something was still missing there.
There wasn't rain anywhere.
Russ came by and shook his head.
And this is what that duck Russ said,

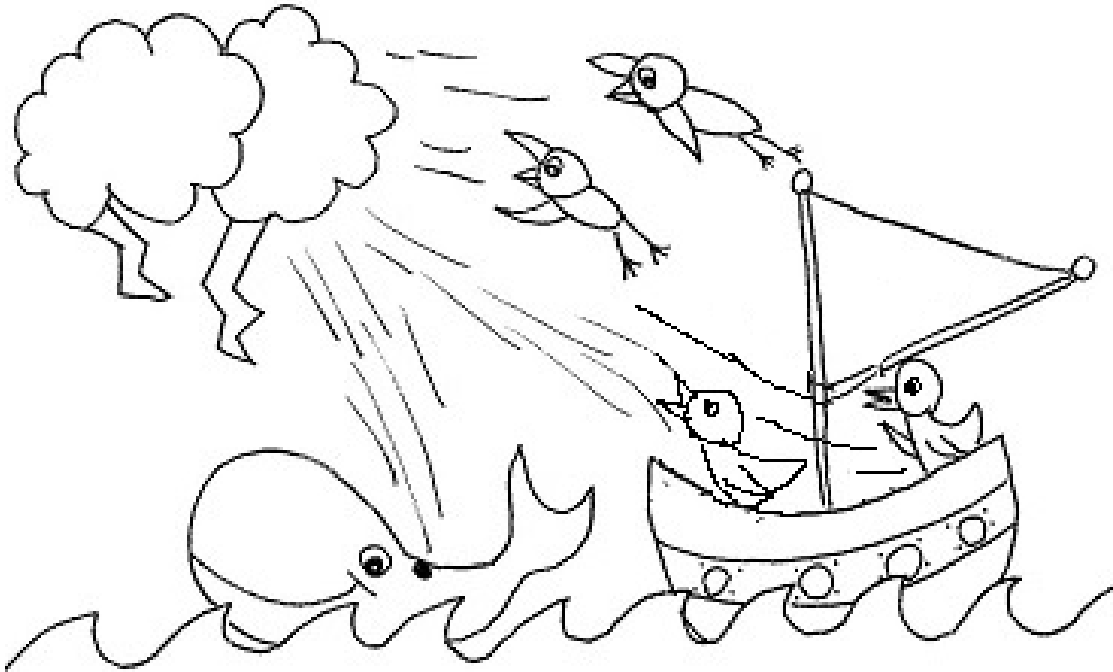
"I told you that this all was dumb
and that we should have never come."

"We need your help, Russ," said Can Do.
"Let's say we can and make it true!"
Remember, Russ, what we all say.
It will help us out today.

**We say we can.
We make a plan.
We get right to it.
And then we do it!"**

Russ stared at Can Do for a while,
and on his face there formed a smile.
And then again, Russ shook his head.
"I'm sorry Can Do for what I said.
You've been patient with me.
I was wrong and now I see
I could learn a lot from you.
Maybe there's something we can do."

Chapter 10 Fetch a Whale



Russ thought about it and then said, "Yes!
I think that I can solve this mess.
If we can move a storm away,
then we can move one here today.
We'll get the birds and ducks to flap.
We'll bring the storm here in a snap!"

"Now that's what I'm talking about!"
Can Do added with a shout.

The storm they found was far at sea.
They could not move it easily.
They flapped so hard, but I'm sorry to say,
they couldn't move it all the way.

"Don't worry," Russ said, "We'll get this done.
We **CAN** do this, everyone.

We'll get some help. We cannot fail.
I think it's time to call a whale.
A whale can help us bring the rain.
Hold on everyone. Let me explain.
Whales blow a lot of air.
Maybe they could blow it there.
We can do this today!
Where there's a whale there's a way!"

Jack and Jill went down the hill, to the shore
to fetch a whale or two or more.
Jack went down and found whales around
and Jill came explaining after.
The whales were happy to help out.
"Show us where and we will spout."

Then Lilac said, "We can also flap our wings.
Together we can do amazing things!"

***And you, the reader, yes that's you!
Can flap your arms like wings too!***

As soon as Can Do gave the sign,
they started flapping in a line.
And down below the whales spouted.
We knew they would. We never doubted.

***Okay, readers, 1, 2, 3!
Flap your arms up and down with me!***

And just then, what do you know?
All the clouds began to go.
From the sea the clouds came in,
and everyone began to grin.
As the rain fell from the clouds
the cheers rose up from the crowds.
They raised their mouths to the sky
and caught the drops as they flew by.
They ran outside with cups and mugs,
and barrels, bottles, jars, and jugs.

The streams and lakes all filled up high
as the rain fell from the sky.
Flowers and plants began to sprout.
It was the end of the drought.

Chapter 11 Giving Day



As their job was done, it was time to go.
When they'd return? They did not know.
They knew they would be back again
but did not know exactly when.
And they knew because they'd been here,
Ferd and his friends lived in less fear.

Can Do, Russ and Lilac,
and Mama Duck all headed back.
Jack and Jill sailed on the ship
and with their parents made the trip.
They felt so good in their hearts
because they knew they'd done their parts.

They learned something they wouldn't forget.
It's better to give than it is to get.

Other places needed help too.
There was so much they could do.
They could help at home or far away.
They could help out each and every day.
There was so much to be done.
There would be work for everyone
which solved one problem that they had,
finding a job for Jack and Jill's dad.
They would reopen the factory,
'cause there was plenty of work, you see,
packing food and drinks in boxes and cans,
and making pipes and things for distant lands.
By helping others far away,
they'd help themselves right here today.

And some time on the voyage back
their mom and dad asked Jill and Jack,
"What do you want for gifts this year?
The holidays will soon be here."

Jill smiled and looked at Jack
and this is what Jill said back,
"This year we don't want anything.
What we want is to give something.
We appreciate what we've got.
There are others who have not.
We'd like to have a holiday
and we will call it **Giving Day.**"

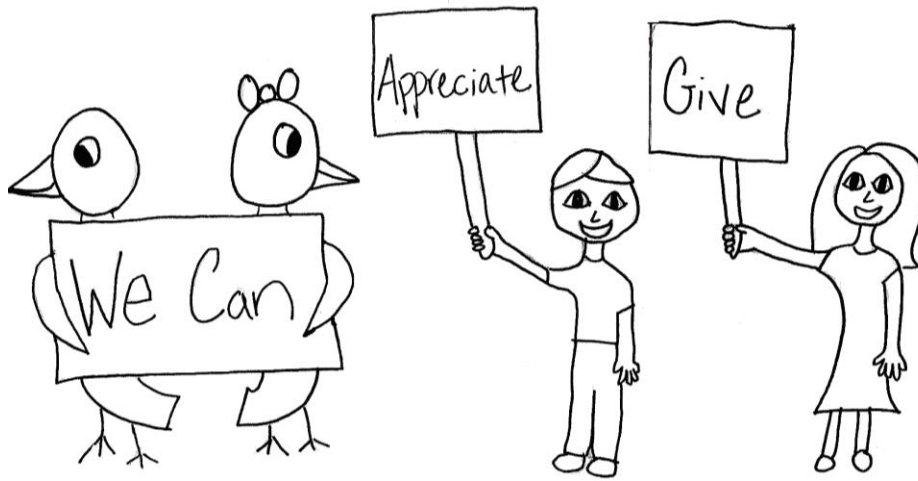
The ducks flew high up in the sky
and spelled out words as they flew by.
As they flew in duck formation,
they spelled out...

A P P R E C I A T I O N

And they spelled out one more word.
It's a word you might have heard...



Chapter 12 Your Chapter



Now, reader, it's up to you.
What do you plan to do?
Give a hand. Give a wing.
It doesn't matter. Give something.
You can start now right away
to make today a giving day!
Make the world a better place.
Put a smile on someone's face.
There is so much that we can do.
The world depends on me and you.
We can change the world today,
each of us in our own way.

We say we can.
We make a plan.
We get right to it.
And then we do it!!

So if you want to really live,
appreciate and always give.
When you help someone out,
that's what saying **We Can's** about!

The End or The Beginning

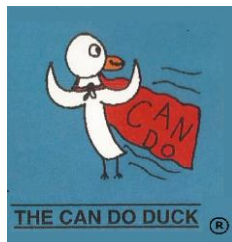
Can Do's Attitude of Gratitude: A Story about Appreciation and Giving

The inspiring fourth book in the Can Do Duck series, it teaches important life lessons about appreciating what you have and giving to others. The Can Do Duck books are positive, motivational books for children (and adults) of all ages. They have been read in schools and homes around the world and they were even adapted into the successful Off-Broadway musical, **Can Do Duck: The Musical**, by the author's daughter, Arielle Sosland. We hope that these timeless tales, written and illustrated by our family, will capture the hearts and imaginations of readers whether they be young or old, human or duck! Ducktor Morty, M.D., practices child psychiatry and Esther Deblinger, Ph.D., practices child psychology. Arielle and Sarah are their Can Do daughters.

"The message is so timely and appropriate. This is a great way to begin at a very young age to share with our children how to appreciate everything they have and to be able to say "thank you." This book is great way to also share with our children that giving is not always connected to just material things. When we give of our time and talents we are helping others. And when there is a great need, if we all share together, we are more likely to meet the need."
- Carol Barineau, retired elementary school principal

"It was very inspiring to me. There was a message in every paragraph. I think it's beautiful and fabulous!" - Elissa Paparone, mother and business leader

For more information, please visit: **www.TheCanDoDuck.com**



Can Do Duck Publishing