

Oh the wonderful way you'll feel, you hear?
If you just go out and volunteer...

A bird... a worm... a guzzle-bivvit,
Could all use some help if you'll just give it;

You might say "No! Not!! No Way!"

"I've nothing to give - not today anyway!"

But you'll see if you look deep inside of you,
You've lots to give!

It's true! You do!

