

THE UGLY DUCK

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There once was an ugly duck
Way down on his luck.
Couldn't find one friend anywhere,
Everyone ignored him; no one cared
Poor little ugly duck.
Poor little ugly duck.

This little ugly bird
Never heard one kind word.
People made fun of his fuzzy hair,
Teased him and chased him everywhere.
Lonely ugly duck
Sad little ugly duck.

Finally he ran away
Off by himself one day.
Tried to face the world alone,
Forgetting all the sadness he had known.
He ran far, far away,
On that lonely day.

How the story goes
No one really knows.
A miracle took place one day,
Changed our duck in a special way.
No more ugly duck,
Bye went the ugly duck.

You will be a noble swan,
All your ugly feathers gone.
A miracle for all to see
As you become what you're meant to be;
As you become what you're meant to be.

One day, just at dawn,
Our friend came home to the pond.
Everyone crowded around to see.
Could this creature really be
Our friend the ugly duck?
That homely ugly duck?

Then throughout the land
Adored by every man,
Most beautiful creature you will see,
Secret to share with you and me;
A swan from an ugly duck,
A swan from an ugly duck.

We're all ugly ducks
Feelin' down on our luck,
Feeling picked on from everywhere
Wondering if anyone really cares.
We're lonely ugly ducks,
Just like ugly ducks.

With patience and some time
Our miracle unwinds.
Often, much to our surprise,
People change before our eyes
Swans from ugly ducks,
Swans from ugly ducks.

But everyone's a swan,
Everyone belongs.
Has nothing to do with a thing called luck,
Patience and time changes ugly ducks,
We never know how long,
That's where we go wrong.

Before we criticize,
We'd better analyze.
That friend today we want to tease
Tomorrow is the one we want to please,
A swan from an ugly duck,
A swan from an ugly duck.

Now the story's told
Doesn't matter if young or old.
Remember what happened to the ugly duck;
Patience and time will change your luck.
Your miracle will unwind.

Just give it a little time.
You will be a noble swan,
All your ugly feathers gone.
A miracle for all to see
As you become what you're meant to be.
As you become what you're meant to be.

Name _____ Period _____ Date _____

THE UGLY DUCK: SHED ANOTHER FEATHER

1. Why was the ugly duck considered to be unacceptable to the rest of the barnyard animals? _____

2. What was the ugly duck's self-concept at the first of the story? _____
Why? _____

3. What was his body image? _____

4. Who influenced the ugly duck to have a low self-concept? _____

5. Do you think he had this low self-concept for a long time? _____
Why? _____
6. What made the ugly duck become handsome? _____
7. How much of an influence do our experiences with others have on our self-concept? _____

8. What responsibility do we, ourselves, have to change a negative self-concept to a positive one? _____

9. How does shedding another feather apply to improving our self-concept? _____

10. What areas of our life does the phrase "I'm becoming a swan" refer to? _____

