



BooBoo Bear

This little bear filled with rice,
named BooBoo Bear is very nice.
Freeze him for a little while,
and fix that booboo up in style.
Instead of a compress made of ice,
this bear will make your booboo feel nice.
Or microwave for 2 minutes on high
and kiss those aches and pains goodbye.
Apply it to the troubled spot,
the heat will ease the pain a lot.



Owie Owl

This little owl filled with rice,
named Owie Owl is very nice.
Freeze her for a little while,
and fix that owie up in style.
Instead of a compress made of ice,
this owl will make your owie feel nice.
Or microwave for 2 minutes on high
and kiss those aches and pains goodbye.
Apply it to the troubled spot,
the heat will ease the pain a lot.

Note: Poems are adapted from "The Rice Bag" poem found at
<http://quiltbug.com/articles/microwave-bag.htm>