

YOU AND YOUR EMOTIONS

By Audrey Hlembizky

You are a wonderful creation,
with a heart, a brain and emotions too

And can experience feelings of joy deep inside of you.

Your emotions are a chemical release from the brain,
which has you frown when you are angry and cry when you are in pain.

Life can be full of surprises that can make us angry, confused and mad
Sometimes things will happen that we do not want to happen that make us very sad

Your feelings and emotions are a special part of you,
and it's important to never make them wrong or think they are not true.

When we get excited we can jump and be happy
but when things do not go our way, we can sometimes become very snappy.

You were born to have fun, be curious, be mindful and kind
And at times when we feel bad or are afraid we get stuck in our minds.

It is important to never be ashamed or hide your feelings inside
For we all have them, every boy, every girl and adult worldwide.

Now, there is a powerful emotion that can give us the courage to do great things,
To honor ourselves, our friends, our family and have us dance and sing.

It is the greatest emotion called love, that connects you to me.
It gives life to all living things between the sky and the sea.

I dare you to love and be brave and
create life like your favorite delicious cupcake batter.

So you can fill this world with your heart and hope because,
you, me, we all matter.

