

Emotions

Happy one minute
Sad the next
Excited then worried
Emotions are complex.

Feelings are coming and going
To-ing and fro-ing
Ebbing and flowing
Over and over again.

Nervous and worried
Scared and down
Eager and ecstatic
Happy with a frown!

You're feeling the strain!

A mixture of emotions
Just filling your brain
They cause such a commotion
Oh what a drain!

Change happens all the time!
Change is normal
Change can be fun
Change can be scary
Change must be done

So take your friends hand
And in friendship be bold
Move on in the world
And let the future unfold.

By Debbie P

