



Words can Fly

An uplifting poetry collection
for children from

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COVER NOT
FINAL



Messy Threads

A poem is a messy thread
you pull out from your brain
and use to stitch a picture
to make some sense again

You take the thoughts all jumbled up
and sew them into lines
until your stitches make a shape
and you're left feeling fine

And if you read a poem
that someone else has sewn
the pattern might be quite like yours
so you'd feel less alone

So pull those messy threads out
and weave them into art
and you'll be left with tidy brains
And space for thoughts to start.

Youier

Imagine if the moon refused to shine
because the sun was *shinier*

if streams ceased to flow
because the rivers were *flowier*

if snow didn't dare to fall
because rain was *fallier*

if planets did not glow
because stars were *glowier*.

if tigers did not roar
because lions were *roarier*

if flowers didn't flower
because their neighbours were *flowerier*

if a breeze didn't blow
because the gale was *blowier*

and trees did not branch
because the forest was *branchier*

what a world it would be if nature compared

you, my friend, must stop all that folly

no one can be more you,
you are **youier**.

Why You are Youier

No one sings just like you,
no one thinks just like you
likes the same amount of water
in their drink, just like you

no one laughs just like you
plays in the bath just like you
walks across the lines along
the garden path, just like you

no one grows just like you
picks their nose just like you
no one runs, or jumps, or bats, or balls,
or throws, just like you

you are you, just like you
and that's the truest truth
there's nobody in this world
who's more **you** just like you.



BONNIER PHONES AND BRAINS

Though I have an android
and you an iPhone
we can still talk to each other
as soon as we get home

And though one uses software
that's different from the other
we can watch our favourite things
without an ounce of bother

My hearing is up loud
and yours is down quite low
you like sticking to the rules
but I like saying 'no'

And walking for a while
makes me tired but you can run
yet you wait till I catch up
and that's how we have most fun

Learning to adapt
to the differences we see
is part of being human
and it helps both you and me

Our brains are like that too
they don't always wire the same
but we can still connect
to enjoy our favourite games

I don't like busy rooms
loud noises make me small
yet you feel most at home
when you're in amongst it all

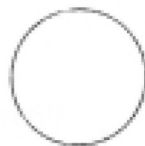
Each head, each brain's unique
and each of us is brilliant
accepting and adapting minds
is what makes us resilient.

Exercising Kindness

Kindness is like any sport
practise makes you better
just like standing in the rain
for a long time, gets you wetter

Kindness is an energy
it feeds upon itself
and spreads for miles around
like honey spilt upon a shelf

And kindness is contagious
there is a magic in its hue
if you do something for someone
chances are they'll do that too



Sometimes it's not so easy
when the world is on your back
to find that kindness deep within
and change to bright from black

But when you do, you will be glad
as sparkle fills the air
and a smile breaks through somebody's face
from their mouth right to their hair

Yes kindness is like exercise
it builds your kindness core
and the *joy* you get from happy friends
makes you want to do it more



What is happy?

If 'happy' was a colour
I think it would be yellow
Golden, light and bright
a shiny little fellow

If happy was a taste
I think it would be sweet
and if it had a smell
it would not be stinky feet

No, I think it would be cake
Or fish and chips outside
waiting at the fair
for a rollercoaster ride

If happy was a place
it would be my bed at night
tucked up safe and warm
with my toys there by my side

And happy feels like friends
coming to my house to play
on summer days with water guns
and homework out the way

But sometimes it is simpler
like a cuddle with a cat
on days where nothing happens
but you're quite okay with that

Happy is a feeling
and I know it when it's here
because everything feels yellow
and I smile from ear to ear.



Positive

Positive thinking

is not pretending
bad things can't happen

it is deciding to imagine
the good things happening instead

and using hope
like a magic wand
to make that come true

positive thinking
is deciding not to waste
your brilliant imagination
on worrying

but using it instead

to create all the most
glitteringly fabulously thoughtful things
you can find

within your
positively spectacularly mightily mighty
magic-making mind.





Pets

Pets have little lives
but they live them BIG
they play BIG
they eat BIG
they love BIG

but they only stay
for a small amount of time

so we must treat every day with our pets
as BIG-ly as they do

and love them BIG too

they're a small part of our lives
but their whole life is you



Middle

Some people always win
and some people lose a lot
and some people in the middle
think they don't matter a jot

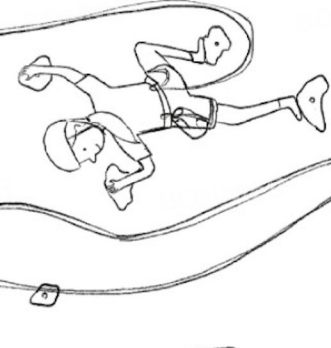
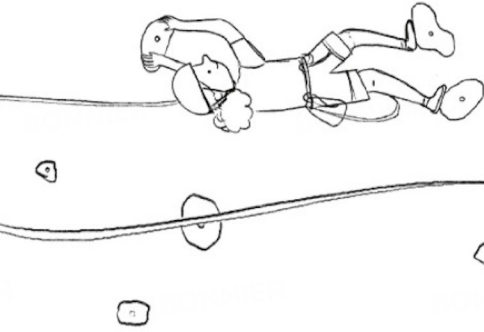
if only they could see
this life's a shape-y riddle
and there's no shape without a bottom
and no shape without a middle

well there is and that's a circle
but circles are just one
and if everything was circular
this life would be no fun

the top of shapes are great
but bottom is quite vital
and middle is the filling
without a trophy or a title

and sometimes you'll fall flat
and make the solid base
on other times you'll reach the top
and win the race you grace

so just keep making shapes
and help others make theirs too
because wherever you have placed
is just a place...it's not for good.



Chocolate

It's hard to be someone
whom everyone likes
I am not even sure
it is possible

for example, I heard tell
that some people
don't like chocolate

and if chocolate itself
cannot please the whole world
then I think perhaps
neither can we

but when people do like chocolate
they really like it an awful lot

they save their money to buy it
and share it with their best friends
and favourite family
(but never pets!)

and when they eat it
they close their eyes
smile, as though they're thinking
lovely thoughts

and feel very wonderful
for just a short moment in time
in this busy, crazy life

so, I suppose
what I'm trying to say is
you can't be liked by everyone

but to some
you can be chocolate.



Friendships Come and Go

I don't know why it happens
but some friendships fizzle out
even though there was no argument
to fizzle out about

I don't know why it happens
but some friendships fade away
leaving memories and confusion
and the wishing we could play

I don't know why it happens
but some friendships do not last
and all the fun and laughter
becomes a memory in our past

I don't know why it happens
but I know that it's okay
friendships come and go but you must know
that some will come and stay

and the ones that stay are gifts
they are sunshine through the cloud
you don't need a lot, if ones all you've got
you should be very proud

because friendships are like star-drops
we just catch when magic's near
some you must let go but some will grow
with strength from year to year.

Sadness

if sadness was a colour
I think it would be grey
murky, dull and flat
like a sunless rainy day,

if sadness was a taste
I think it would be sour
but not like fizzy sweets
more like lemons dipped in flour

and the taste would make you feel
like you didn't want to eat
and you didn't want to play
with your friends out on your street

if sadness was a place
I think it'd be the park
but when everyone's gone home
and it's getting strangely dark
sadness can feel heavy
and as though it's just for you
it can make your world unsteady
it can make you feel quite blue

but the thing about this sadness is
it's often not that bad
It looks much worse than it truly is

In fact, it's often glad
because sadness comes from loving
if you're missing someone dear
sadness mostly comes from caring
that's why sadness comes with tears

sadness is the peak of mountains
of feelings we can store
when we probably should have freed them
making space for joy to soar

sadness is not trying to hurt you
or drain your life of fun
it could be there to hold the place
of a special lost someone
so do not fear when sadness swoops
to visit you again
you can ask it in and give it tea
and treat it like a friend

it won't outstay its welcome
it will take its leave quite soon
and you can open up your window
and let joy again back in your room.



For Tomorrow

I hope today is one of those days that feels like sunshine. A day where laughter is loud and the only tears are happy ones. Where schoolwork is easy, friends all agree and pets are extra cuddly. I hope today is chocolate flavoured (or better still, chip flavoured!) And full of things that bring smiles and fuzzy covered dreams when you finally fall into a bed as soft as a cloud. I hope today is one of those days for you. But if it's not. Do not fret. Simply pop today under your pillow when you curl up to sleep and take all that hope and plant it there too. It may just grow overnight, using the mud of today as its soil, into a day full of sunshine for tomorrow.





Pineapple Pizza

If you ask for pineapple on a pizza
someone somewhere, will say *eww*
we can all agree this fruity fact
is a universal truth

and that could make you think
that your taste in food and sweets and drinks
is not as normal as everyone else
but so much food would be left on the shelf

if everyone said gross
and no one chose the cherry sauce
or drank the guava and dragonfruit flavour
and everyone just wanted quavers

what would pineapples think
if they could only be chewed
or drunk in a drink?

let the pineapples have their day
let them be eaten in the most delicious of ways
with cheese and tomato on a pizza base
for that pineapple-pizza-loving face.



Fitting

Puzzle pieces have to fit
to make a picture
but you can stand out if you like...

because humans are not puzzle pieces

we are a whole picture by ourselves
and we mustn't change to be somebody else

If everyone did that
we would be left with just one picture
when we could have so many more

all colours all sizes
all being free with no disguises

Puzzle pieces have to fit
to make a picture
but the only time you have to fit
is when you're playing hide and go seek





Sleepy Heads of Spring

Spring feels like
jumping into a swimming pool and
waking up, after a long sound slumber.
Everything is fresh and new and coming back to life.
Even us. Light is creeping in around every corner and the
air just feels full of promise, excitement and new beginnings.
Look around you in springtime and take heed from the
gardens and forests. It is time to rise, time to stretch and grow
taller, like the buds sprouting from the earth. It is time to be
hopeful and light, to get excited about what is ahead. Life
is happening, all around us. Wake up sleepyheads,
Spring says, let's grow. We have much
to be brighter for.



Have you ever planted a seed
and watched a brand new flower rise?

Wow, you've been doing that
since the day you opened your eyes

Blending

Families can be small or large
though all it takes is two
and families can be blood or choice
as long as they love you

a family can be one thing
and then something quite new
when people love more people
and you get to love them too

a family is not simple
because love is everything
so making sure your team is tight
can be a tricky thing

and all you need to know is
that nothing's black or white
there's every colour in our hearts
and blending those is nice

if you are mostly purple
and they are mostly blue
and dad is orange, mum is green
imagine all those hues

It can take some time to see
that blended rainbow in your pot
but when you do you'll realise
your family is a lot.



Constellations

Imagine, if every single person who has ever cared about you, were to light up together in the night sky. Can you imagine it? What a galaxy of stars that would be. Your twinkly constellation would be brighter than Orion's Belt, The Plough and The Big Dipper. Imagine then adding in everyone you've ever been kind to, animals as well. What a star-bright map the inside of your good heart would make. On days when you feel a little dull, think of your sparkly night-sky constellations of love, and let them light you up.





Summer is Funnier

Summer is funnier,
everyone can agree. The trees are in
full bloom and nature is riotous, colourful and
almost as ecstatic as the children leaving school for
summer holidays. Summer is ice-creams and late nights,
where even the sun doesn't seem to want to go to bed. It is
life at its most lifelike, summer. As though all the other seasons
are just preparing us to be here in this moment, running through
sprinklers and eating ice cold watermelon in the garden. Picking
daisies for our hair, birds singing their encouragement as we
play and the feeling we could run and jump the entire
summer day. Summer, is funnier. And the only to do
when summer is upon you, is throw your hands
up in the air and jump in.

Planet Prayer

Everything that makes this world
exists inside of you
we each are born of atoms
we are all just passing through.

A star is full of elements
and you are built the same
just slightly rearranged
moulded in a different way.

This planet spins in place
a tiny speck just going round
yet we all stay upright
when the world turns upside down.

So take a little moment
to wonder at this life
how magical the moon is
as it orchestrates the tides.

And think of all the species
far from home
relying on the atmosphere around
to stay the same.

It is worth the extra work
to keep this planet cool
even if that means
walking back and forth to work.

Wearing clothes again
and turning off the lights
never wasting water
it is gold dust in our pipes.

Be kind to Mother Earth
she has taken so much strife
be careful with this planet
as you go about your life.

