

## My Changing Feelings

Sometimes I like to sit on the couch in my onesie and watch a movie, feeling cosy and warm.

And sometimes I like to lie in a cold, dark room and sleep.

But, sometimes I'd rather slam my door and scream and cry and lie in my bed in a huff.

And, sometimes I punch my teddies and make a lot of noise so everyone can hear me.

Sometimes I wish I could lie on the clouds like Peter Pan and fly like a bird or a plane.

And, sometimes I wish I could be a dolphin and swim all around the world.

But, sometimes I am happy just with playing football on the trampoline.

But sometimes I'm happy just playing with my dog and scratching him behind his ears.

Sometimes I feel excited because my mum has a surprise for me when I go home.

And, sometimes I feel on cloud nine because my mum and dad come and play with me.

But, sometimes I feel sad because my brother kicks me.

And, sometimes I feel embarrassed because I cry in front of everyone when I don't get my way.

But no matter how I feel, I am me!

And, I try to be the best me that I can be.

That means I am creative making wonderful pieces of art.

I'm playful and loving – being a good friend from the start.

I'm helpful and I'm kind – I help around the house,

I can scream like a lion, but can be as quiet as a mouse!

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Allan's P5