

CATERPILLAR BOOKS
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Inside my heart and in my head, all kinds of feelings dwell.
As they spark and bounce around I fall under their spell.



Sometimes I want to cry and stomp and really cause a scene
and other times I laugh and smile – what do these feelings mean?

Looking from the outside, I may seem the same as you,
but deep beneath the surface feelings bubble, stir and brew...



Sad

With a crash, the river breaks, bursting through its banks;
it happens without warning – no sorry, please or thanks.

It covers every inch of land until there is no more...
just a sea of salty tears with no sign of the shore.


Excited
Standing by the bonfire on a chilly autumn night, waiting for the fireworks to sparkle and delight.
The bright and dazzling colours fizzle, glow and pop against the darkness of the sky – the explosions are nonstop.