Shine Like the Stars

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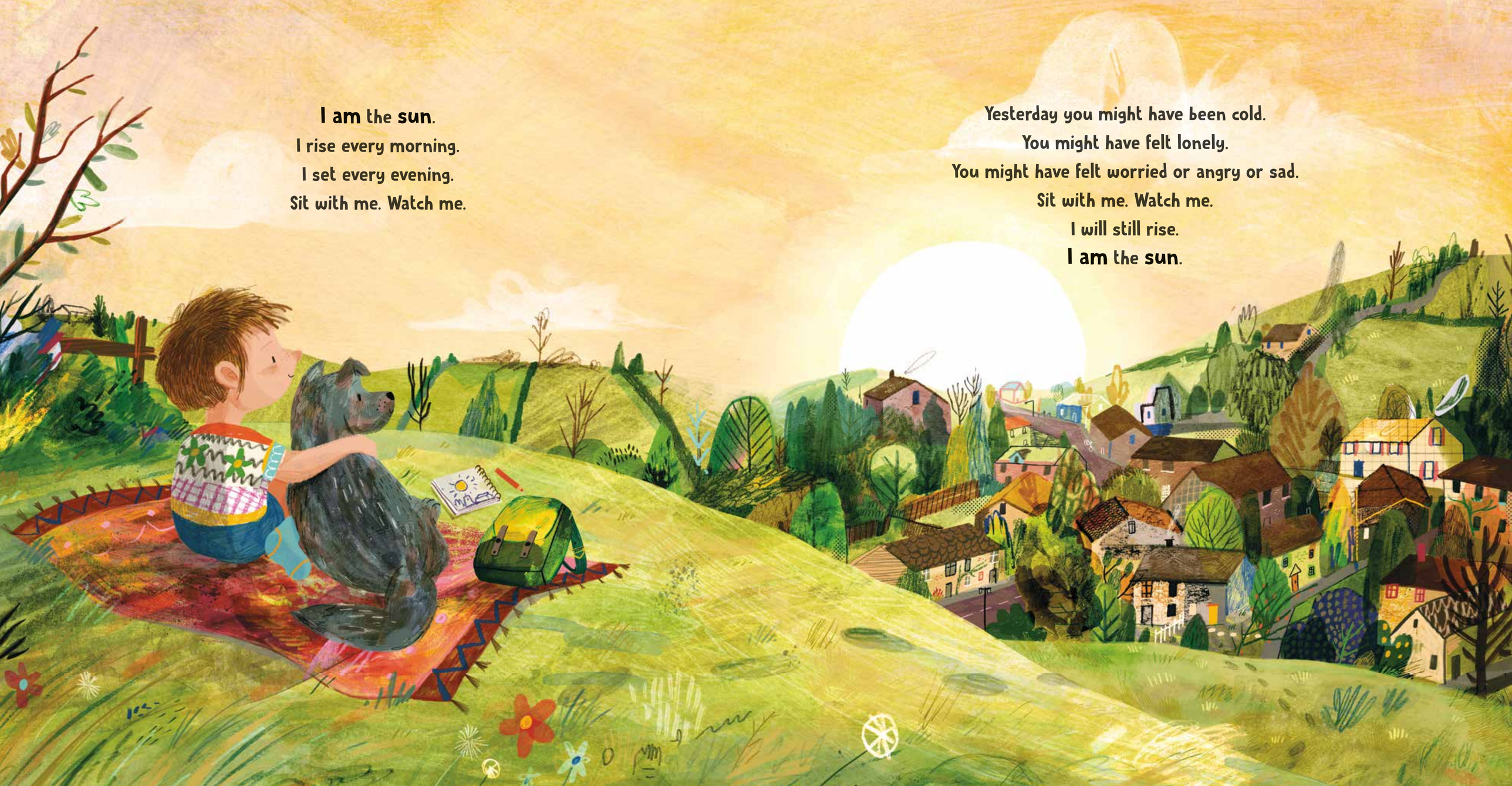


For Polly - you shine — A.W.

To Marian, Liz, and Rebecca,
for great teachers are the true stars — H.W.

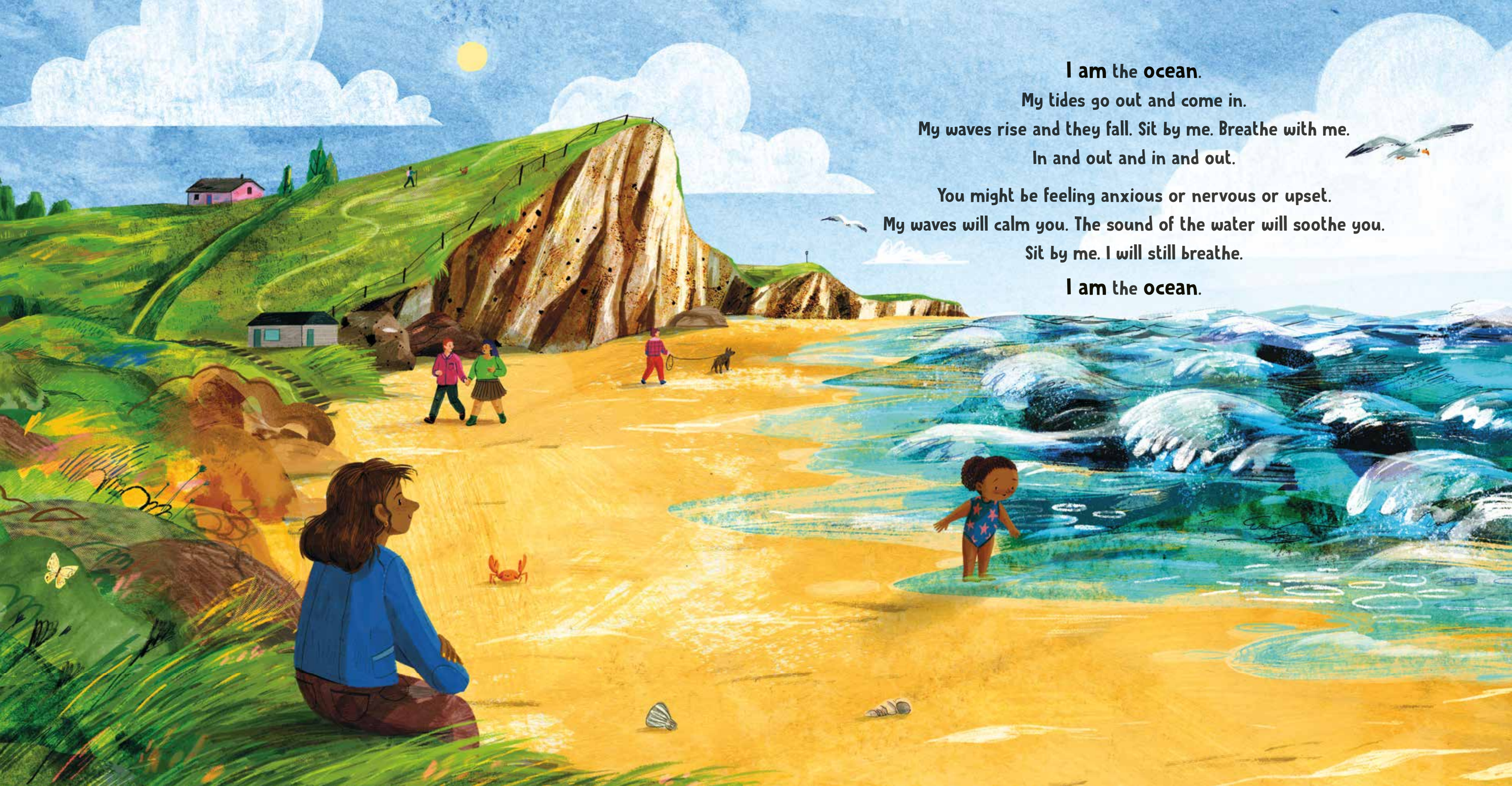
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I am planet Earth.
The stars surround me.
The sun shines its light on me.
The oceans roll over me.
Clouds float above me.
Trees and plants grow from me.
People make their homes on me.
You make your home on me.
You are part of me.
I am planet Earth.



I am the **sun**.
I rise every morning.
I set every evening.
Sit with me. Watch me.

Yesterday you might have been cold.
You might have felt lonely.
You might have felt worried or angry or sad.
Sit with me. Watch me.
I will still rise.
I am the **sun**.



I am the **ocean**.
My tides go out and come in.
My waves rise and they fall. Sit by me. Breathe with me.
In and out and in and out.

You might be feeling anxious or nervous or upset.
My waves will calm you. The sound of the water will soothe you.
Sit by me. I will still breathe.

I am the **ocean**.