

By DINA SCHACHTELY

P5

I take each day's upheaval  
The verbal reproach  
While at the same time  
Trying to gently coach

I know you have anger  
So many emotions  
Sadness comes fast  
A roller coaster of motion

It's out of your control  
The energy force  
Sometimes you're a turtle  
Other times a bolting horse

It must be so hard  
Stuck in a shell  
That always needs to move  
Aware of every sound, every smell

Words pour out of your mouth  
Not fully thought through  
You can't take them back  
It feels there is nothing to do

Your heart is pure  
Your intentions are good  
But not everyone knows that  
And you wish they would

You'd like to stop moving  
To be still, focus in  
Your body won't listen  
You just can't win

Starting one task  
Then on to the next, quick  
Here, then there,  
Tick tock tick

Deep breath in  
Trying to enjoy  
Some time with a book,  
A puzzle, a toy

As you get older  
You'll learn how to cope  
Until then, know I love you  
And that'll be enough, I hope.