

'Feel the Changes' by Ellie Kitson, Age 10

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**Whenever I was a baby,
All I really cared about was food.
Feed me, change me, cuddle me,
Life was pretty good!**

**Nursery school was something new.
Finger paintings – I made a few!
Snack time, story time, lots of messy play.
Filled with fun and laughter, very happy days.**

**School was a real game-changer; the stakes are set quite high.
Fit in, try to make friends, bury your fears, just to get by.
Children can be hurtful and not treat each other well,
Exclusion and bullying can make life a living hell.**

**The pressure to fit in and act like someone you are not,
Is really hard to cope with and could make you lose the plot.
Learning to be invisible is how some of us get by,
But you never get recognition and they all just think you're shy.**

**Learn not to get dragged into, the silly popularity game
The world would be so very dull if we were all the same.
We all are pretty special, each one of us unique,
It's ok to be sporty, arty or a geek.**

**Life can feel like juggling, throwing things into the air,
Trying hard to catch them, trying hard not to be scared.
But know that if you drop one of them, things will be ok
Just pick it up and try again, tomorrow's a brand new day.**

**Try to talk about your feelings, to someone that you trust.
Let it out, don't bottle it up, talking is a must.
If you can, then you really should, tell your mum or dad,
Or write it in a poem, it's really not that bad!**