

'The Dragon' by Joshua Dillon, Age 9

Dromore Central Primary School

**It feels like there's a dragon,
Running through my brain.
He laughs at me and taunts me,
Saying 'You'll never be happy again'.**

**People think I'm funny,
They say that I am kind.
But inside I feel so weird,
There's messy stresses in my mind.**

**Sometimes I get mad,
And I worry such a lot.
Will this ever end?
These scary feelings that I've got?**

**I try to think deep inside my head
And tell it everything will be ok.
Breathe deep and fill my lungs,
Chase the fire and smoke away.**

**Run and jump and slay him,
I'm stronger than I think.
I have hope and a future,
That will finally make him shrink!**

**The darkness is fading,
I can see the light.
The dragon is gone,
And I am the brave knight!**