

INSIDE OUT

In a year that went very slow, a virus had the spotlight,
Our lives were turned upside down and gave us all a fright

Interfering with our day-to-day life and our plans,

Our country and the world were not covid fans.

As time stood still, we were all feeling very blue,

Sad, worried and scared, we were feeling these too.

But through this horrible mess, people were being kind,

Helping those to get better in body and in mind.

The doctors and nurses worked hard throughout,

True superheroes without a doubt.

Shopping for friends who were locked in with fear,

Being a shoulder to cry on when they shed a tear.

Looking out for your friends and caring for each other,

It's hard-seeing friends and family suffer.

When you're feeling down, and don't know what to do,

You could always think of Winnie the Pooh.

"You're braver than you believe and stronger than you seem",

This is what he said, it's true and not a dream.

Whatever you're feeling inside, let the feelings out,

It's okay not to be okay, nobody will shout.

This year there is more hope and better times ahead,

This is what the scientists and MP'S have said.

Hoping that everyone is fine, and not too sad,

This year is going to be better and for that I'm glad.