

mirror, mirror

Poetry For Confidence In Children

Key Stage 1 and 2



Award-Winning Poets, Writers And Experts

Award-Winning Poets, Writers And Experts

- 01 Nicholas Allan - a.The Vest b. Pants
- 02 Steve Bowkett - a. Dear Steve
- 03 Ann Bryant - a. Dora The Dancer b. Nico,The Naturalist
c. Finn Is Over The Moon
- 06 Jane Clarke - a. Finding A Friend
- 07 Sonia Dixon mbe - a. Feelings
- 08 Alan Durant - a.The Thought - Football
- 10 Sandra Horn - a. Song b. Ruling The World c. Stars

Award-Winning Poets, Writers And Experts

12 Ellie Irving - a. Self-Esteem

13 Lily Jensen - a. Your Divine Self

14 John F McDonald - a. Almost Weightless
b. Transformation

16 Tony Mitton - a. Solo Song

17 Michaela Morgan - a. Choosing And Losing

18 Brian Moses - a. Where Dreams Begin

19 Michael Neill - a. Possibilities

Award-Winning Poets, Writers And Experts

- 20 Jenny Nimmo - a. Magic Is In My Head
- 21 Guy Parker-Rees - a. Cheeky Monkey
- 22 Brian Patten - a. You Can't Be That
- 23 Tim Pond - a. Sempre Stimmung
- 24 Merlynda K. Robinson (LLAM) - a. The Vain Stag
- 25 Dr. Joseph S. Rubino - a. The Angel's Visit b. The Day In The Life Of The Resigned
- 27 John Townsend - a. The Simple Proof b. Being A Genius

Award-Winning Poets, Writers And Experts

- 29 Bonus Gift Illustration
- 30 Conclusion
- 31 Journal Power Questions

Award-Winning Poets, Writers And Experts

Why This Poetry Book?

Globally there is an urgent need for books that reach children on their level in confidence, and 21 award-winning poets, writers and experts have come together on a wonderful variety of excellent and beautifully crafted poems on the theme of confidence and self-esteem for children. Each writer donated 1-3 poems to the cause.

People have been calling the contributors "the inspired movement".

The teacher/parent or child can also read the very personal revelations generously shared by each poet as to how issues of self-esteem and self-confidence have appeared in each of their lives. Some poems are for the reader to decide, and some poets have used power questions in the book to get the child thinking or doing.

In addition there is also a valuable journal of power questions at the end of the poetry book to use everyday for self- confidence and self-esteem.

The book is aimed at children themselves and/or via parents/teachers or carers. We feel this theme really matters to children and can be accessed more easily through poetry.

The poetry book is from the heart, as we strongly believe in its very important premise.

Author Nicholas Allan

The Vest

When I'm down
And life's a test,
I wear a tan and
Yellow vest.
No one sees it,
But I feel it.
And the vest
Does all the rest.

I bought it in
A Westend shop.

When in my Year
I'd just come top.
And now when on
It still feels right,
The way it fits,
So snug and tight.

I don't need to
Then impress.
They just notice
I've more zest.
That's the secret
Of this vest.
Put it on.
It does the rest.



Pants

I have these magic pants,
For which I give great thanks.
No one can see them,
Would believe them.
But they're made
To gallivant.
And when I'm down,
I look around
For these pants of mine.
I slip them on,
And sing a song,
And believe I am divine.

www.nicholasallan.co.uk



Author Steve Bowkett

Dear Steve

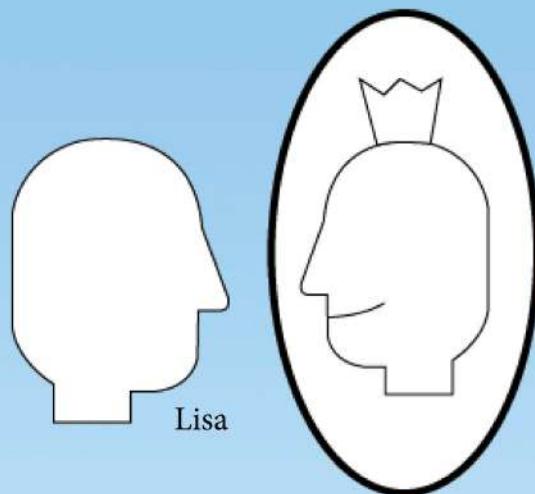
OK, so you were not to know
The songs that evil sings;
Have not yet named
The dark or seen
The face behind its mask of lies.
You never thought about the rain
Tomorrow brings;
Have not denied the truth of life;
Have not begun to blame
Or rage when heroes die.
But there are good times here
As well you'll find -
Good days
And nights full filled with stars
And dreams,
Your friends among the hurts and fears
That you can bring to mind
Along the ways you'll walk
When sunlight's still as honest
As it seems.
I wonder, did you regard
The man you would become
When all those dawns were yet to be?
And was it easy? Was it hard
To think about the one
Who might forget?
Who might be blind
To what you see?
Never too late
To let you know
I carry with me all you made -
The child the father of the man.
You let me grow,
So never be afraid -
I'm here!

Because you were, I am.



Steve explains:
Self esteem is how I estimate myself, honestly and sincerely. When I know inside that I've done my best then I can feel a true sense of achievement. I can look forward to future adventures and I can thank my younger self for bringing me to where I am now. That is what my poem is about.'

www.stevebowkett.co.uk



Author And Award Winning Poet Ann Bryant

Dora The Dancer

Pointing, lifting, stretching, bending,
Exercises never ending.

Spins and slides and gentle swirls,
Graceful arms and jumps and twirls.

Floor to ceiling music everywhere
Dora learns to listen to the air.

Rhythm flickers from the beat
Tapping, clicking, swishing feet.

Feelings, fine and strong and deep inside.
Dora tells those feelings not to hide.

Spinning, soaring, rise and fall,
Floating, flying, curling small.

Energy in every tiny space.
Dora feels the pulse and finds the pace.

Then softly softly people say her name.
Dora's star is rising with her fame.

A velvet curtain hides the magic sight
Of Dora in her costume, silver white.

And then the curtain slowly rises high
And through the theatre runs the softest sigh

A lemon yellow, moonlit scene
A wave of dancers round their queen

The theatre has a thousand tales to tell
The world of ballet and its magic spell.

An angel king with wings that glow
A Land of Sweets, a Land of Snow

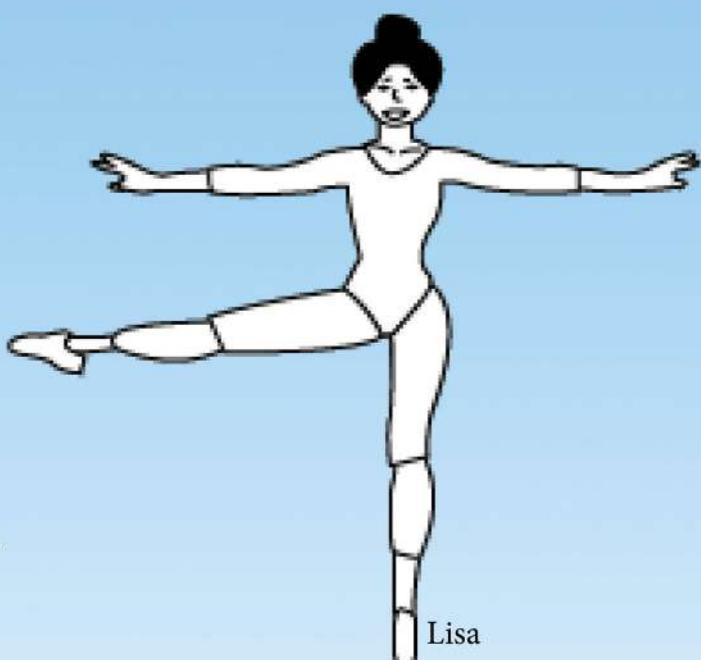
But Dora doesn't think that she's a star,
She only thinks of dancing at the barre.

And if you ask her how it all began, She says,
"With four short words: I know I CAN!"



Ann explains:
Dora, the girl in the poem, worked as hard as she could at something she loved, and her dreams came true. She became a dancing star. And all because she believed in herself. I studied ballet until I was seventeen and didn't become a star! But that doesn't matter. It gave me something very special that I still love today. That's the important thing. Oh and I've written lots of books about dancing!

www.annbryant.co.uk



Author And Award Winning Poet Ann Bryant

Nico, The Naturalist

On Friday afternoons at school you could chose what you wanted to do.
Children played computer games. They drew and made things too.
Ben and Jess liked dressing up. So did Zak and Bill.
Everyone was buzzing round but Nico sat quite still.

Miss Coleman said to Nico, "We've got lots and lots of toys.
You could share with Belle, or maybe join in with these boys?"
But Nico said, "I'm fine because my favourite way to be,
Is on my own just looking round. I like to watch you see".

Miss Coleman seemed unhappy. "That's not much fun!" she said.
"Look, what about some building?" But Nico shook his head.
So then she found a dragon book. "Well, come and read with me!"
"No thank you," Nico said again. "I like to watch, you see."

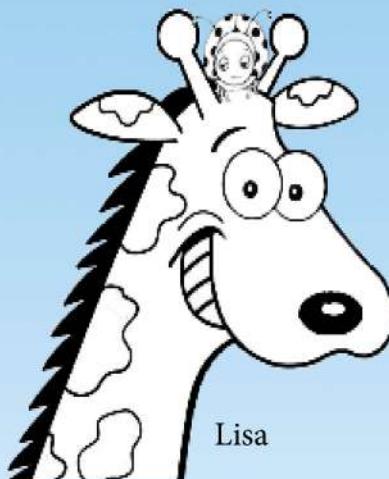
When Nico grew up, he became a clever man indeed.
He learnt to study animals, the way they hunt and feed.
He travels round the world and takes amazing photographs
Of tiny things like minibugs and tall things like giraffes,

The queen bee and her swarm, the meerkats, poised, alert,
The gibbon in her bonnet, the ostrich in her skirt.
The birds of prey that hover, the fish that dart and dive.
"A wonder world!" says Nico. "It bristles! It's alive!"

He films the gliding snakes and the bouncing kangaroos.
The deserts and the oceans, the jungles and the zoos.
And people say to Nico how hard his job must be.
But Nico shakes his head and smiles. "I like to watch, you see."

Ann explains:
Not everybody wants to be at the centre of things; not everybody wants to join in. Some people are shy, others are gentle observers, happy to be outside of the action, looking on. And that's great. It doesn't make you any less important or special. "I like to watch, you see," said the young Nico to his teacher. And with that simple gift, Nico went on be a great naturalist.

www.annbryant.co.uk



Author And Award Winning Poet Ann Bryant

Finn Is Over The Moon

Young Finn, he kicked the ball like mad
And watched it zoom away.
The keeper tried to save it
As the teacher cried, "Great play!"

Grinning like a Cheshire cat,
Finn thought he'd burst with pride.
A little seed of happiness
Sprang out from deep inside.

The seed fell on the football pitch
And magically took root.
And while the football game went on
A vine began to shoot.

It beckoned Finn. "Hey, come up here!
Be sure to hold on tight!"
So Finn, he climbed and climbed the vine
To where the air was bright.

The vine went up and up and up
But Finn felt safe and strong.
He laughed out loud and popped a cloud
And sang a football song.
Soon the sky turned darkest black
And sparkling stars came out
They danced a dance, and so did Finn,
Until he heard a shout.

"Finn! Hey Finn! Look! Over here!
It's me! The man in the moon!"
"Oh hi there, dude! I've got to shoot!"
"Yo, man! I'll see you soon!"

Still higher went the magic vine,
Its leaves all curling round.
They whipped and whirled then slowly swirled
Away without a sound.

So down flew Finn from dark to light
And landed with a roll.
Then up he jumped, to hear a cheer
Of "Finn, you scored the goal!"

And now young Finn's a football star
They call him Fighter Finn
Because no matter what the score
He always strives to win.

He's heard the calls of 'Corner kick!'
'Off side!' and 'Penalty!'
The whee of whistles, shouts of fans,
The cries of 'Referee!'

And every time he scores a goal
He feels a great reward.
But not so great, no way so great
As that first goal he scored.

Ann explains:

'I am a serial series writer, and love writing about families, friendships, fun and most of all, fitting in.' The action in this poem takes place all in one second! Finn is anxious that he's not as good at football as the others in his class. We then find out that Finn grows up to become a footballer, but no matter how many goals he scores in his career he still looks back at that first goal as the best ever. We never know what we're going to do in life and that's a wonderful and magic thing because we've always got the chance, the hope, the potential... So when things aren't going so well, remember that!

www.annbryant.co.uk



Lisa

Author Jane Clarke

Finding A Friend

I could not speak your language,
I did not know your rules.
Everything felt foreign
to an alien at school.

Those days are long gone now,
though I thought they'd never end.
Now I have no problems
speaking English, making friends.

Dark and haunting memories
of loneliness and fear,
frustration and confusion
have begun to disappear.

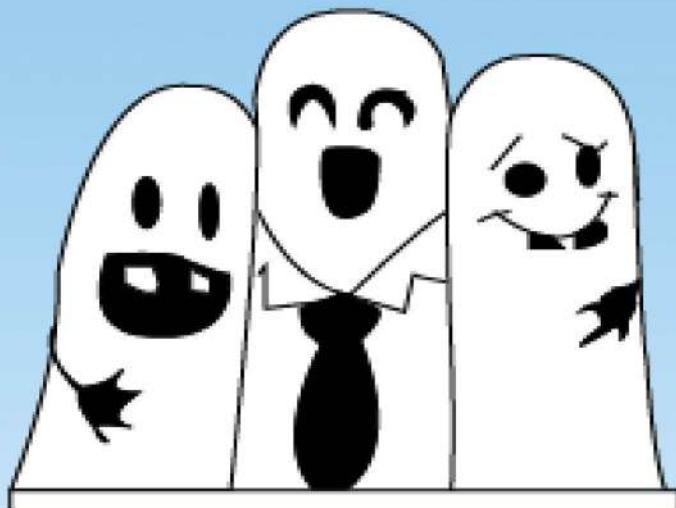
But one thing I'll remember,
one thing will stay the same.
The moment that you smiled at me
and called me by my name.



Jane explains:

When my sons were young, we lived abroad and had a taste of how hard it is to live somewhere where your name, which is such a part of you, strikes other people as unusual and difficult to pronounce. In those circumstances, having someone take the time to learn your name and say it properly, is a huge boost to your self esteem! First published in Poet Valerie Bloom's One River, Many Creeks, Macmillan 2003

www.jane-clarke.co.uk



Lisa

Author Sonia Dixon mbe

Feelings

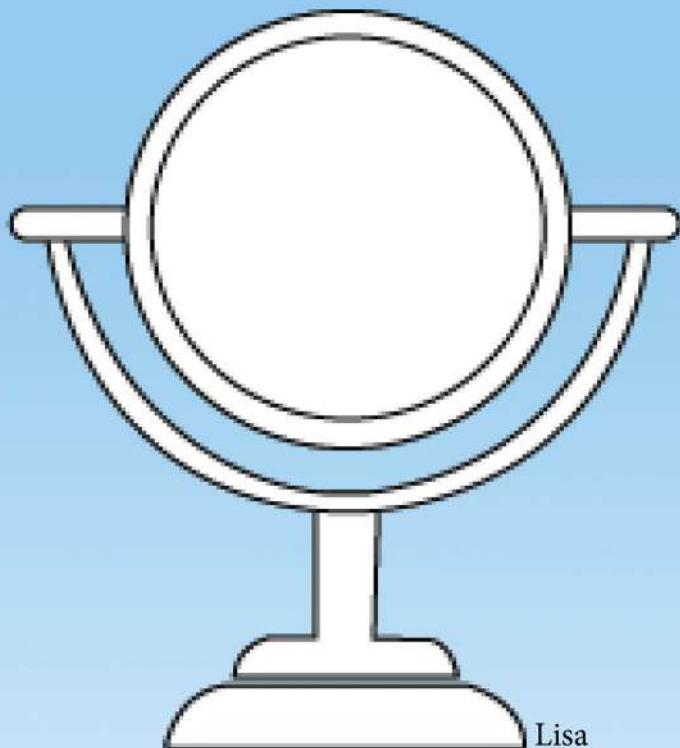
Mirror, Mirror, what do you see?
I see such wonders, such beauty in me.
There's so much grace, a special place,
I know I can go to for quiet and space.

The light shines in me, and outer so strong,
I am brave in the throng -
Now no-one can hurt me when I am
just one.

There is calm, I am brave, there is nothing to fear
As I look in the mirror, there is only one tear.



Sonia explains: It is a poem about becoming or feeling more comfortable with yourself and taking that brave step to be confident and to not be afraid because you belong too and there is always really someone that cares. Sonia is number 1 International Bestselling Author of "50 Easy Business Hacks To Increase Your Sales Today" and nominated for 2 medals for Poetry BookDis n Dat. I am very interested in people and children becoming authors – writing their story or poem.
Go to:
www.writeabookonline.com



Lisa

I have two quick questions for you today. Would you like to be writing for yourself but not by yourself? Or do you want to help people improve the quality of their lives through your writing or both — while also improving the quality of yours? If you answered yes, go to: www.writeabookonline.com to see how you can turn your book desires into your reality.

Author Alan Durant

The Thought - Football

Today's literacy task is to write a poem.
 I've written one line:
 The date and the learning objective.
 The learning objective is to write a poem.

My page is blank.
 My mind is blank.
 I can't do poems.
 I never know what to write.

Yesterday our teacher, Miss Walsh,
 Read us a poem by a famous poet.
 Ted something. (I don't remember his other
 name.)
 The poem was called The Thought-Fox.

It was about the poet
 sitting at his desk with a blank page,
 not knowing what to write,
 when a fox appears outside his window
 and he writes a poem about that.

I am looking out the window.
 I can see Mr Brown, the caretaker.
 He is sweeping up leaves.
 Now he is gobbing on the grass.
 I can't write about that.

Maybe I should write about
 the weather: it's horrible.
 The sky is grey, the colour of boring,
 the colour of wet play.

I don't want to write about that.
 I'm stuck.
 Stuckstuckstusckstuckstuck.
 I wish a fox would appear
 or better still a football,
 bobbing about on the playground.

I'm good at football.
 I know what to do with the ball.
 I'd run out and kick it.
 Then I'd flick it in the air
 and do keepy-uppies.
 I'd try to beat my record (137).



Author Alan Durant

Then I'd play a match with my friends.
 We'd put our coats down for goals
 and split into teams.
 And I'd score loads of goals like I
 always do.
 And we'd shout a lot.
 And we'd laugh a lot too.

But now it's starting to rain.
 So there won't be no football today.
 We'll have to stay inside
 and finish our work.
 Finish our poems.

How am I going to do that
 when I don't even know how to start?

Alan explains: We've all been there, sitting in front of a blank sheet of paper with our minds empty, not knowing what to write. In Ted Hughes's famous poem *The Thought-Fox*, it's observing the fox outside his window that inspires the poet to write – in fact the poem seems to write itself. I meet children all the time who find a blank sheet paper terrifying. They think they can't write and, worse, that their ideas (if they have ideas) are rubbish – like the child in my poem. I believe strongly that writing is empowering and can help raise self-esteem. Alan has written over 90+ books and numerous poems.

www.alandurant.co.uk



Samantha Van Riet

Author Sandra Horn

Song

No need of words with you; I'm singing.
 I know that you can't hear me –still, I'm singing.
 The song wells up and overflows. I'm singing!
 It's a watering the garden song,
 It's dusky blue geraniums,
 Clouds across the setting sun,
 White horses on the sea.
 It's a bare feet on the carpet, scent of roses song,
 The pearly light through naked winter trees;
 It's the eyes, it's the voices, it's the arms of all my
 loved ones,
 New leaves and bluebell woods, avocados,
 bird song...
 The music never ends; the words are always
 new;
 It's my life-long song.
 I am singing, singing, singing!

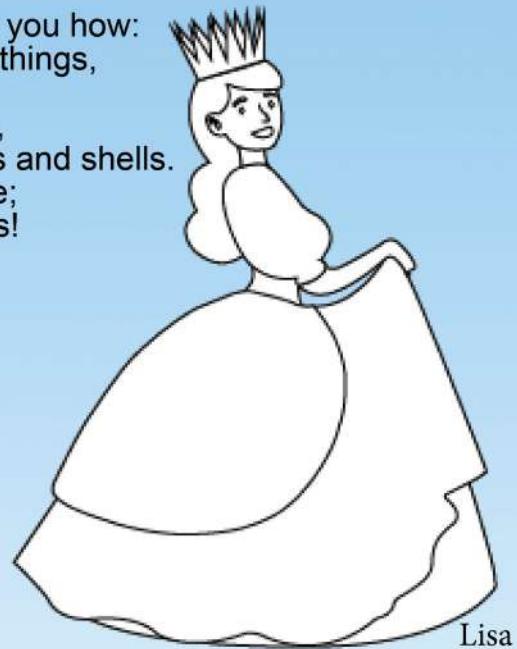


Sandra explains: Ruling The World poem was first published in Lines in the Sand, new writing on war and peace, Edited by Mary Hoffman and Rhiannon Lassiter, published by Frances Lincoln 2003 Here are a few questions Sandra has for using the poems for extension work:
 If you ruled the world, what would you do to make it better?
 What makes your heart sing?
 What is there about you that makes the world shine like a star?

www.tattybogle.co.uk

Ruling The World

I should like to rule the world; I think it's my turn now
 I could make things so much better and I'm going to tell you how:
 I'd melt down all the guns and bombs and all those evil things,
 And turn them into bicycles and carousels and swings.
 Turn them into roller skates and bongo drums and bells,
 Make spinning tops and glockenspiels from all the tanks and shells.
 Fill the world with happy things that make a happy noise;
 Shout it all around the earth: Don't make war, make toys!



Lisa

Author Sandra Horn

Stars

Whenever we look up into the sky at night,
 Stars are beaming down on us, beautiful and bright;
 Shining kindly down on us, as they have always shone,
 Around the world, across the years, they shine for everyone.

Sometimes, people are like stars, glimmering on high,
 Messengers of hope and joy streaming through the sky,
 People who faced hardship but still were brave and strong;
 Their names will never fade away, they live forever on.

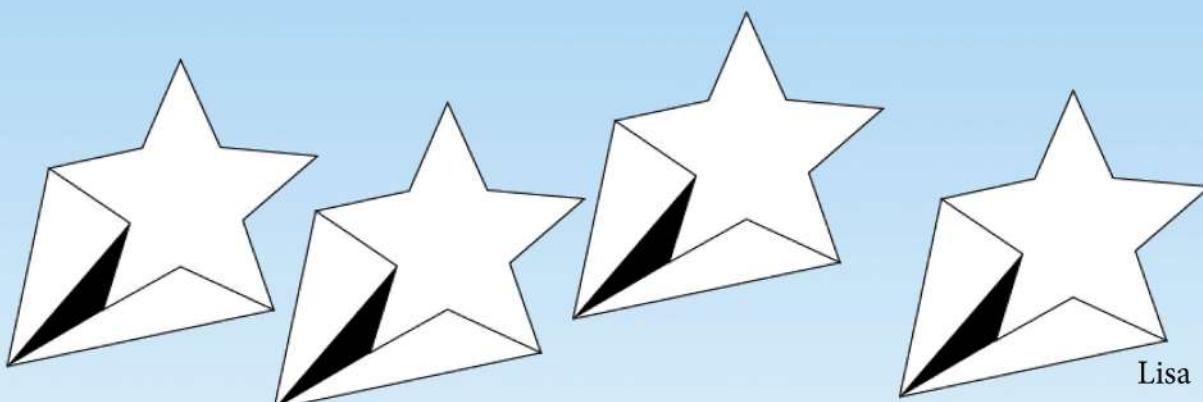
They held fast to their dreams, they faced up to their fears,
 The stories of their lives are told across the years.
 Like stars they bring light to our world, light for everyone;
 In the darkness, through the clouds, they shine forever on.

I can be a shining star, lighting up the night,
 Gleaming through the darkness, strong and brave and bright,
 Be the best that I can be, let my light shine on;
 In my corner of the world, I'll shine for everyone!

© Sandra Horn
 First published 2008 BBC Active
 History: Famous Men, Women and Children

Sandra explains:
 We hear and see so much of fame and 'celebrity'. Much of it is based on looks, or a specific talent – and lots of hype! It's easy to feel inadequate when comparing, ourselves, for example with X and the beautiful body, or Y and millions earned with hit songs. I wanted to write about true fame, lasting fame; the fame of people who did something amazing for all of us, and who stuck with their dreams no matter what. We can all aspire to that kind of goodness – the steady light of the stars rather than the flash-and-gone of fireworks. That's where self-esteem comes from: knowing you've done the best you can do – and if you didn't make it today, there's always tomorrow.

www.tattybogle.co.uk



Lisa

Author Ellie Irving

Self-Esteem

This is my poem. I hope you like it.
 I don't know if it's good.
 Miss Harper wants us to read it out loud,
 But I don't think I should.
 We're meant to write about what makes me me
 But I'm just run of the mill.
 I'm not like everyone else in my class.
 I don't have a special skill.
 Natalie and Rashid are good at talking.
 They know how to express themselves.
 Joe's really good at football. He plays for the under
 twelves.
 Roisin plays piano, with the skill of a concert ace.
 Teri's fast, like Usain Bolt; she wins every race.
 Mohammad recites poems. He knows them off by
 heart.
 Barney broke the World Record for the World's
 Most Loudest Fart.
 (That's a true fact, by the way. He eats a lot of
 beans.)
 But me? Well, Miss Harper says that I lack
 self-esteem
 But Miss Harper says it doesn't matter
 That I can't sing or dance.
 Don't worry that I don't think I'll be any good.
 Why not just give it a chance?
 Don't listen to the voice in my head
 The one that always says 'no.'
 The one that says 'you'll be no good.
 There's no point giving it a go.'
 Miss Harper says the world's my oyster
 I've got nothing to lose.
 Don't worry about what others think
 I can do anything I choose.
 I just have to give things a shot
 And sooner or later, I will find out
 That there's something I can do, I bet.
 That there's something I can do really well, actually.
 I just haven't found out what that is yet.
 And that's okay.
 Because I tried.
 I gave it a go.
 And I've thought about it. And I've thought about it.
 And I think... well, that's all that matters, after all.
 I tried. I gave it a go



Ellie Irving is an award-winning author of funny, quirky stories for 9-12 year olds. An avid reader as a child, Ellie knew from a young age that she loved writing stories. She wasn't particularly brilliant at it to begin with, but she kept writing and writing and writing, and eventually she got better. And then she got published. After a lot of rejections. This poem is about not worrying about what other people might be good at and you're not – why not just give it a try?

www.ellieirving.com

SELF ESTEEM

DOUBT

Lisa

Author Lily Jensen

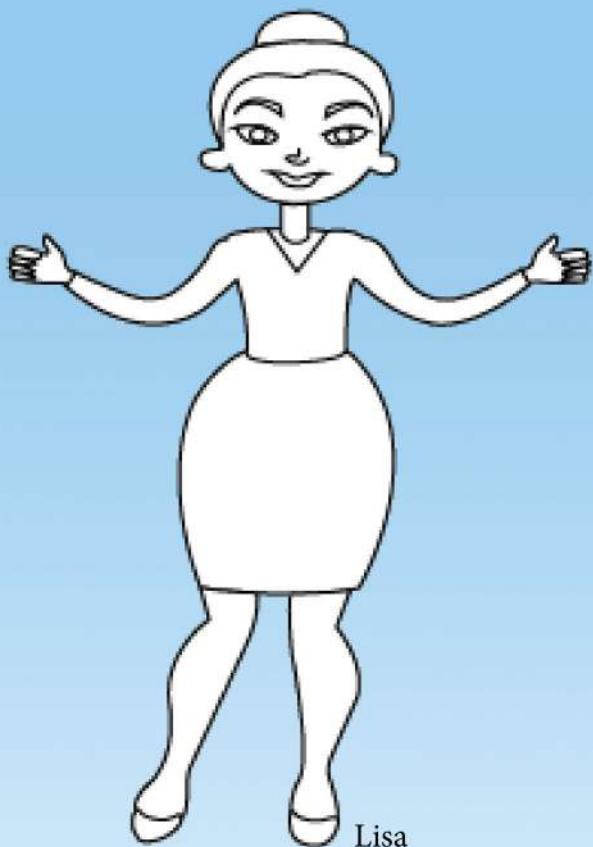
Your Divine Self

Hold yourself in the highest esteem for you are no mistake.
Your divinity shines through for all to see, even when carefully veiled.
Revel in the delight of your being.
As unique as a snowflake, as beautiful as every sunrise.
Your life has purpose and meaning. Never stop seeking... for you will find it.
And your meaning will be known to you just as it has been to us.
Rejoice and celebrate... you are divinity on earth.



What this poem means to Lily:
I think this poem is a reminder for us all that we are meant to be here on earth, in our bodies, in our lives. Not one single person is a "mistake" or we wouldn't be here. We have, each day, an opportunity to embrace who we are with love and with the belief that we are meant to be and that we can achieve anything our hearts want to. First we must believe in ourselves, even if others don't. That's OK. Our own belief in ourselves is enough! We are much more powerful than we realize. Believe in yourself, step into your power and you will enjoy an amazing life. Lily Jensen understands that with each happy and fulfilled person, our world becomes a better place and that's what motivates and inspires.

www.lilyjensen.com



Author John F. McDonald

Almost Weightless

Sunlight showers down on the schoolyard
 Kids are alive and animated
 Like kids should be
 Except for me.

I stand alone
 Under a tree.

A small bird flutters down
 Maybe a thrush or sparrow or linnet
 Brown
 It lands on my outstretched arm.

My face is happy now
 Smiling.

Another bird tumbles down
 Stumbles
 Pushed by some bigger bully bird
 Jackdaw or starling or finch.

Other birds follow
 Crossbill, owl and swallow
 Different colours and calling voices
 All trying to perch on me
 With talons gripping and wings flapping
 Warbles and trills and chirrups and twitters
 Growing loud and giving other kids the jitters
 They all stop
 And look
 At me.

A sudden sound
 Scatters the birds into the sky
 I feel the wind from their wings
 On my face.

And, for a moment,
 I can fly.



John explains:
 To me, Almost Weightless is a protest about the use of the word "obese" when referring to children. This is a horrible word, that belongs in the medical dictionaries, but is in constant use by the media. In my opinion, it should be a criminal offense to call a child obese, as it's tantamount to abuse of kids who might be big due to metabolism or the use of refined sugar throughout the food industry and not the fault of the children themselves, who are often falsely labelled as greedy and/or lazy.

My website is
<http://www.johnfmcdonald.co.uk>



Lisa

Author John F. McDonald

Transformation

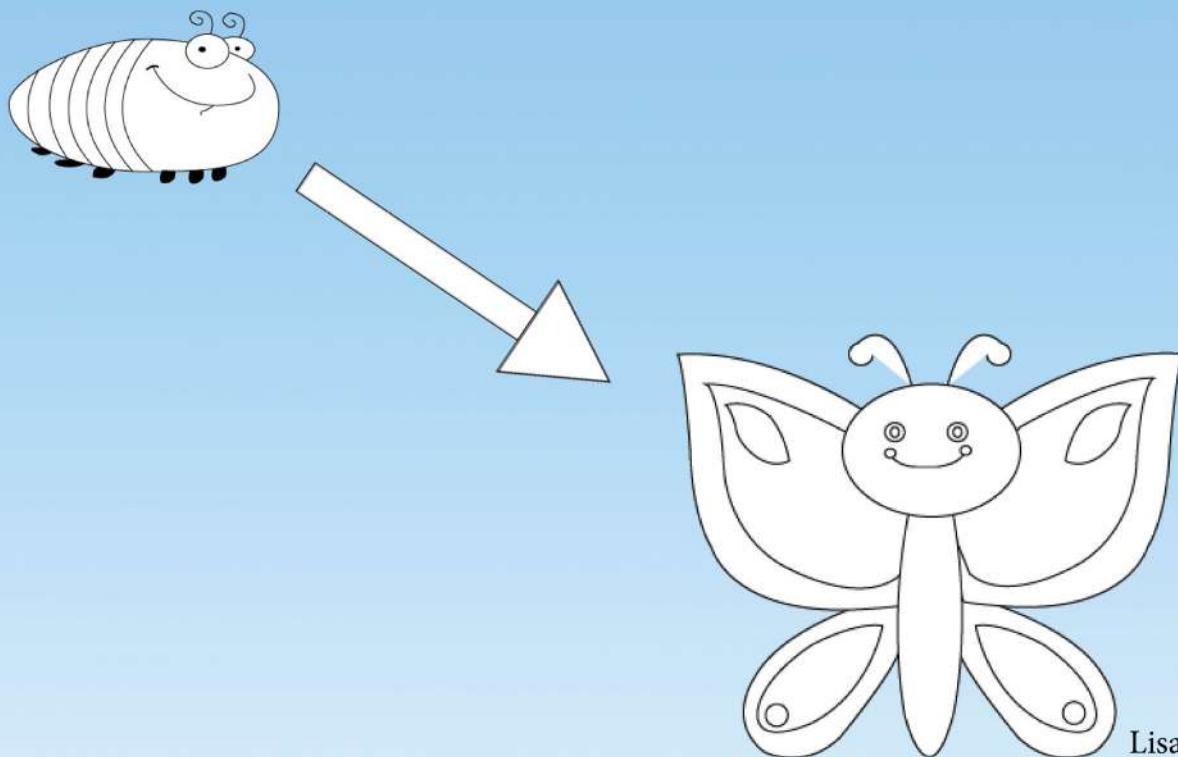
Yesterday
I could sometimes sit and sigh
Small hurts cut and made me cry
Dark thoughts wrapped themselves round my
Self doubt with its evil eye.

Today
I'm ready to wave goodbye
To the voice that asked me why
I was so worthless and shy
Cos it told a barefaced lie.

Tomorrow
From low self-esteem I'll try
To escape and soar up high
Be my awesome self when I
Change from grub to butterfly.

John explains:
To me, Transformation means that everyone has the ability to change. If you don't like who you are at a particular time in your life, you can transform yourself into someone you do like. It was inspired by Rozana, a Brazilian street girl who had nothing – bad teeth, distended belly, nits and worms. But she wanted to go to school and educate herself and she became the beautiful (inside and outside) person she is today.

My website is
<http://www.johnfmcdonald.co.uk>



Lisa

Author Tony Mitton

Solo Song

I am just me.
And that's enough.
I am not made
of other stuff.

Each of us
can do some things.
This one dances.
That one sings.

This one's nifty
with a ball.
That one builds
a neat brick wall.

This one heals
a pain or ache.
That one bakes
delicious cake.

But we're not just
the things we do.
I am me.
And you are you.

And can we find
our way to seeing
that it can be
enough just being?

We do not need
a special skill
to feel the blessing
sing of life's thrill,

to sit and breathe
and ease our brow,
experience
the here and now,

and simply savour
yes, life's fizz,
the way we are,
the way it is,

the way things happen
as they do,
the way things go on
passing through.



So can we sit
and wait awhile
and feel it happen
with a smile?

No need to push,
or strive, or press.
Life's on offer.
Just say "Yes..."

c. Tony Mitton 2015
Note to go with Solo Song in the
Self-Esteem Anthology
(by Tony Mitton)



Tony explains:
I think what my poem is trying to say is that it's fine to be good at whatever it is we have talent for. But that it's not essential to have a special talent. If you want to be brilliant at something and to 'follow your dream', then that's OK. But we don't all have to try to be X Factor winners or win Gold Medals. Just being ourselves and finding Joy in ordinary life can be enough and plenty for many of us. Accepting ourselves as we are can be a good position to start from. We can take life from there, bit by bit. No need to tackle Mount Everest as soon as possible.

www.tonymitton.co.uk

Author Michaela Morgan

Choosing And Losing - A Dipping Rhyme For Choosing Friends

Best friend,
Pest friend,
Better than the rest friend?
May...be... YOU!

New friend.
True friend?
Help me when I'm blue friend?
May...be... YOU!

Close friend,
The most friend,
The one who likes to boast friend.
May...be... YOU!

School friend,
Fool friend,
Can be really cool friend.
May...be... YOU!

Sporty friend,
Support me friend,
Can be sometimes naughty friend.
May...be... YOU!

Sticks by me friend
In a fix friend
Plays some tricks friend
May...be... YOU!

Comes to play friend
Maybe stays friend
Happy days friend
May...be... YOU!

Share a book friend.
Likes to cook friend.
Cheeky look friend.
May...be... YOU!

Shop and spend friend.
To the end friend.
Not pretend friend.
May...be... YOU!



Sharing friend,
Caring friend,
A lively and a daring friend.
May...be... YOU!

Tidy, neat friend
Smiley sweet friend
Smelly feet friend
May...be... YOU!

Always there friend
Likes to share friend
Shows a care friend
May...be.. YOU!

Choose the best friends from the rest
friends
OFF WE GO!
Smarty, party, smiley, arty, sporty,
naughty, caring,
sharing, chatty, smelly or pest
You're the BEST!



Michaela explains:
Having good friends is important to how you feel about yourself.
Ruling out 'bad' friends is also important! Surround yourself with people who are kind and fun and supportive and friendly and try to ignore those who are nasty or will be a bad influence on you. It's easy to say – but hard to do. Michaela Morgan is an award-winning author, writing well over a hundred books for children.

www.michaelamorgan.com

Poet Brian Moses

Where Dreams Begin

Everybody's always looking for
that place where dreams end,
but I'm looking out for the place
where dreams begin.

I'm looking for that starting point
where the excitement unravels,
the point where ideas interlink
and travel, tumbling down
from the brain in a waterfall
of possibilities.

That's the place where I like to be,
the place where nothing
has yet been attempted
and it's a long way to go
before anything goes wrong.

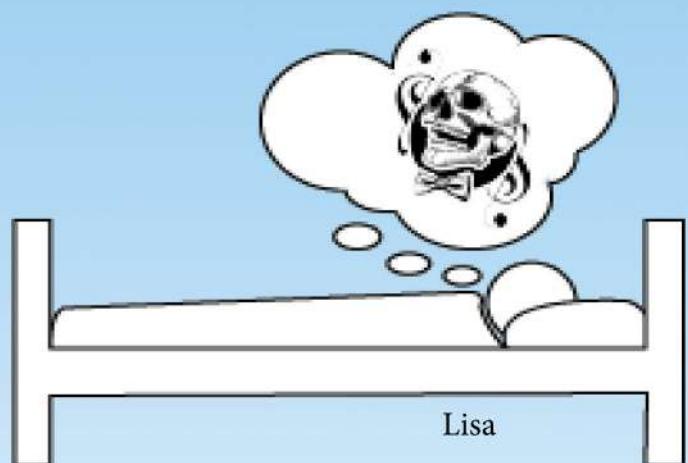
It's that place where I'm not tied
to earth anymore,
I can let my dreams fly.
Let them soar like a kite
that easily takes to the sky.

And there's nothing to weigh
me down, no warning sound
to hold me back. It's a blank canvas
to which I can pin anything.
Yes, I'm looking for that place
where dreams begin,
I'm looking for my path to the sky.



Brian explains:
It means to me that life is full of
possibilities. Whatever your age,
you should always be a dreamer.
Brian Moses is a well-known
Children's Author, Poet,
Performance Poet, Percussionist
and Editor.

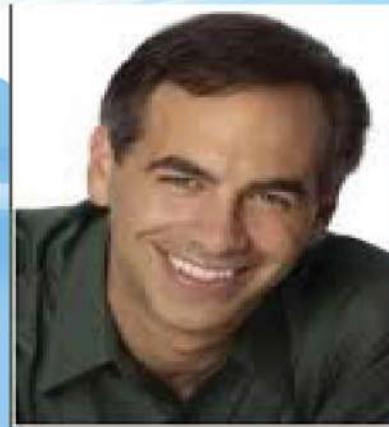
www.brianmoses.co.uk



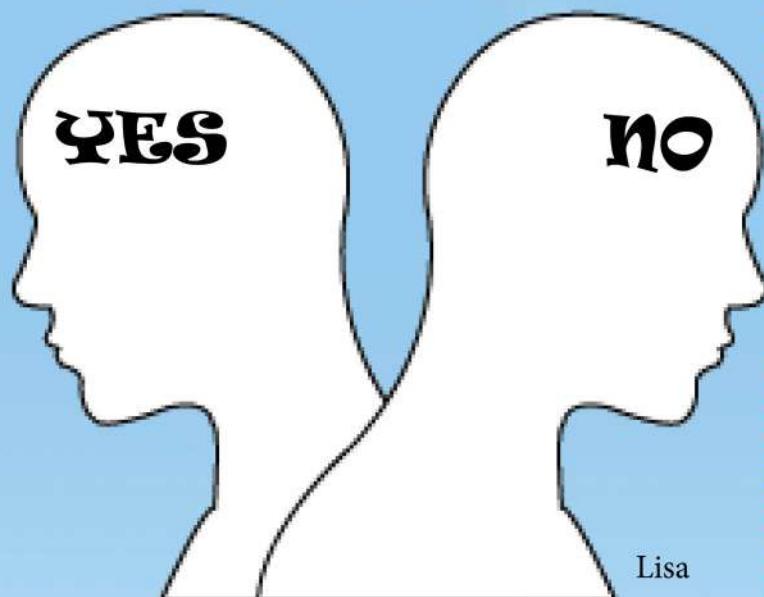
Author Michael Neill

Possibilities

If you don't want to, you don't have to.
If you do want to, you don't have to,
But you could, because you can.
And if you can and you want to...
You probably will!



POSSIBILITY



Michael explains that you can be, do or have what you wish to be if you choose to. Acorns become oak trees. You can turn molehills into mountains, inspiration into inventions.

www.michaelneill.org

Michael Neill has spent the past 25 years as a coach, adviser, mentor, and a creative light bulb for celebrities, CEOs, royalty, and people who want to get more out of themselves and their lives. His books have been translated into 15 languages, and his public talks, retreats, and seminars have touched and transformed lives at the United Nations and on five continents around the world. Michael explains that you can be, do or have what you wish to be if you choose to. Acorns become oak trees. You can turn molehills into mountains, inspiration into inventions.

www.michaelneill.org

Author Jenny Nimmo

Magic In My Head

The words I love are like a fountain
 Spinning sounds into the air.
 But my hand can't catch and write them
 I'm a prisoner in my chair.
 The marks that march across my page
 Just don't make sense to me
 And I feel a kind of rage
 When I'm told that I don't see.

I may be shy, but I will fly
 I've only got to try
 Life can be hard and quite unkind,
 But there's magic in my mind.
 One day I'll catch those spinning words
 And I'll read them out aloud
 And the words will take me higher and higher
 I'll be far above the crowd.

And everyone will say
 'How did that one climb a mountain?
 We thought that they were still in bed'
 And I'll shout that it's no secret,
 There's magic in my head.



Jenny explains:
 I used to be on a panel of judges for the Dyslexia Association's Writing Competition for Children. Some of their stories were very good; they were creative, funny and imaginative and I knew that with help, those children would, one day, be capable of writing excellent stories. During my book tours for schools I often met children with very low self-esteem, and in my poem I have tried to express the feelings of helplessness and frustration that seemed to overcome them. I have also tried to assure them that there is hope.

Jenny Nimmo is a British author of children's books including many fantasy and adventure novels, chapter books, and picture books.



Children's Illustrator Guy Parker-Rees

Cheeky Monkey

Monkey, you're so annoying,
Always staring back at me.
You look so sad and lonely
With a longing to be free.

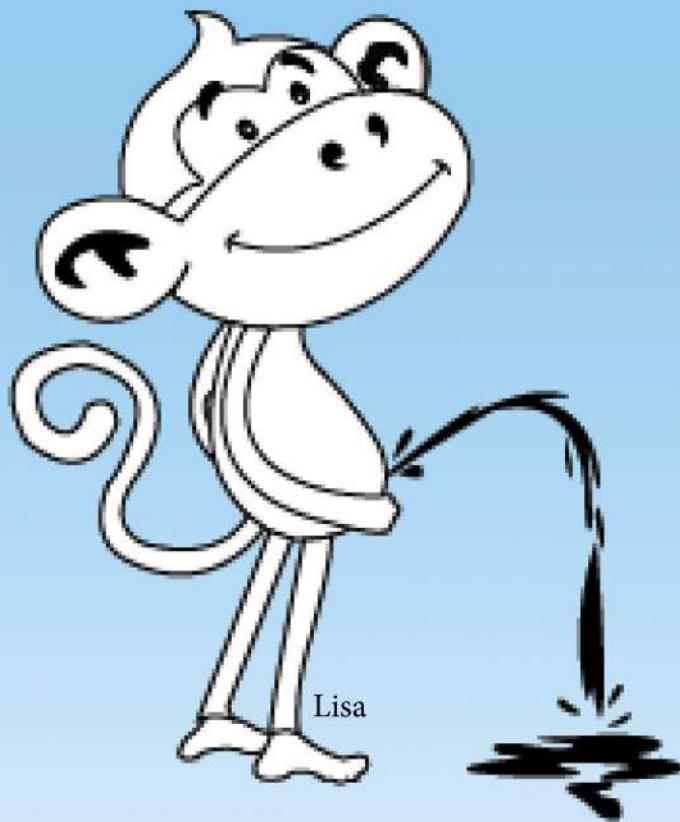
But I can't just let you out,
You're embarrassing and rude.
Who else grunts and trumps and burps
Or gobbles and slurps their food?

But monkey, on reflection,
I will set you free to play,
Just to see you smile again
In my mirror every day.



Guy explains:
I have always liked illustrating monkeys, they are such fun to paint. For me they represent the most exuberant, wild part of ourselves. Maybe the part of ourselves from which all creative ideas begin. Don't tame them too much!

www.guyparkerrees.com



Poet Brian Patten

You Can't Be That

I told them
 When I grow up
 I'm not going to be a scientist
 Or someone who reads the news on TV
 No, a million birds will fly through me.
I AM GOING TO BE A TREE!

They said,
 You can't be that. No, you can't be that.
 I told them
 When I grow up
 I'm not going to be an airline pilot,
 A dancer, a lawyer or an MC.
 No, huge whales will swim in me.
I AM GOING TO BE AN OCEAN!

They said,
 You can't be that. No, you can't be that.
 I told them:
 I am not going to be a DJ,
 A computer programmer, a musician or a
 beautician.
 No, streams will flow through me, I'll be the
 home of eagles;
 I'll be full of nooks, crannies, valleys and
 fountains.
**I AM GOING TO BE A RANGE OF
 MOUNTAINS!**

They said,
 You can't be that. No, you can't be that.
 I asked them:
 Just what do you think I am?
 Just a child, they said,
 And children always become
 At least one of the things
 We want them to be.

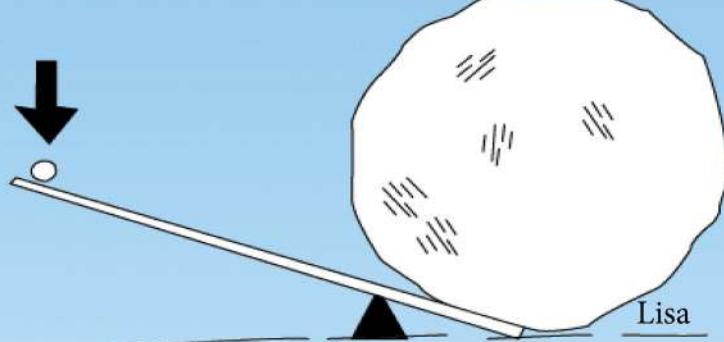
They do not understand me.
 I'll be a stable if I want, smelling of fresh hay,
 I'll be a lost glade in which unicorns still play.
 They do not realise I have it inside me to fulfil
 any ambition.
 They do not realise that among them
 Walks a magician.



Charles Stanley Causley, CBE, FRSL, Schoolmaster, Poet and Writer sums up Brian Patten's style of writing poems very well: His poems are, undiluted, beautifully calculated, informed - even in their darkest moments - with courage and hope.

C Brian Patten, c/o Rogers Coleridge & White Lit Agents.

www.brianpatten.co.uk



Author Tim Pond

Sempre Stimmung

What is the most powerful way to raise your self-confidence?

You know it
but you probably don't realize it.
Why?

Because it's so simple.

We're always looking for complex answers and searching for arduous methods. Enhancing your self-esteem is not related to your own challenges, theoretical answers or laborious techniques.

The answer is Sempre Stimmung.

Sempre is Latin and means 'always'.

Stimmung is German and means 'good mood' or 'feeling good'.

But it's not about you...
it's about other people...
Make everyone feel good.

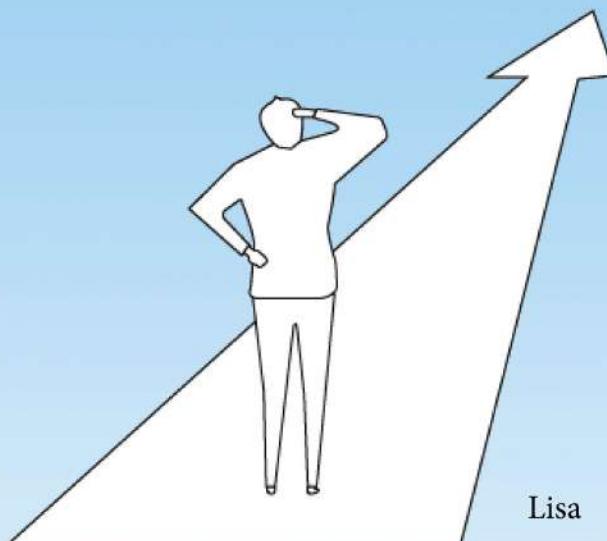
Smile, be helpful.
Spread positive ripples.

Then,
just feel it:
Sempre Stimmung!



Tim explains:
Sempre Stimmung is a poem to bring encouragement and makes a person reflect on how they are now and how to put it right. Tim Pond is a best-selling author and coach. He has published 10 non-fiction books. Tim's unique purpose is to help people gain insights to make their lives extraordinary.

www.threeinsights.net



Lisa

Poet & Cartoonist Merlynda K Robinson (LLAM)

'The Vain Stag' - A Verse Fable About Self-Esteem

One day in the mountains, beside a clear pool
A handsome young Stag who had just finished school
Caught his reflection held fast in the water
And gazed at himself and vowed that he'd alter
The spindly legs he was born with and then
Admired his beautiful antlers just when
He heard the faint baying of wolves in the air
And so startled leapt in the woods where a snare
Of overwrought branches grasped at his crown
And snapped at his antlers and held him fast down!
And closer and closer the snarling wolves raced
And try as he might he just couldn't unlace
The fingerettes curling themselves round his head
Resigning himself to becoming quite dead
And food for the wolves who were nearly upon him!
He silently said both a prayer and a poem
When just at that moment by ceasing his struggle
The branches were loosened from their jumble-juggle
And freed from his captors he bounced down the lane!
Away from the wolves till he reached once again
The pool in the mountains, so silent, so calm
So free from the fears and the chase and the harm
And gazing down where only small fishes swam
He said to himself: "How lucky I am!
My beautiful antlers near brought me to death
While my ugly, stick legs mean I still have the breath
Of life living through me", and musing on that -
The handsome young Stag - on his way home from school
Took a shiver-deep sip from the icy, clear pool.



GO IT MY WAY

Merlynda explains:
confidence and self-esteem is not being afraid of people not liking me.
Being friendly and welcoming and honest towards others from the first moment we meet. Being happy with my own company rather than trying to fit in with others or to pretend with people who I don't share the same interests and outlook with. Looking in the mirror and remembering that I am unique and different and that-along with every single person in the world - makes me special. That despite the bits of my reflection I'm less happy with today - those bits are all there for a very good reason. And to be Very Thankful for that. Merlynda is a multi award-winning, much-published and radio-broadcast, professional Gothic Poet and muchmore.

To find out more about Merlynda go to:
www.Merlynda.com
<http://kittypigfishcartoons.yolasite.com/>
www.KittyPigfishPoliticalCartoons.com
www.BucksMillsPoetryMagazine.org
www.BucksMillsGallery.com

Self-Esteem Expert Dr Joseph S. Rubino

An Angel's Visit

In the twilight
Wedged between the chores of day
And hours lost in forgetful sleep...
A visitor comes to tell his tales
Of a time when things were new

In days of old
When hope filled the rivers
And love's saplings took hold at its shore

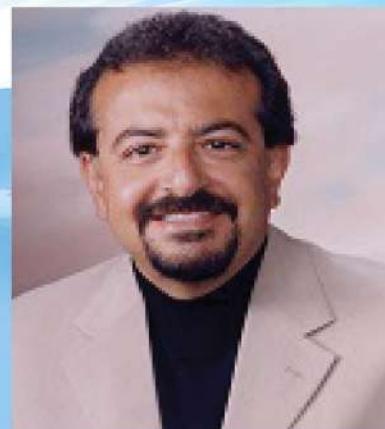
Because I stop to think,
I must now think to stop.
Considering one man's goals
And one man's needs,
Some mere seeds ready to sprout,
Others old sprouts gone to seed

Because I've dared to hope,
At times I've hoped to dare.
Acknowledging times of hope in times of great
despair
Because I seek to be,
Not merely to just have been...
(Shall the waters wash away the castle of a bygone
king?)

Hours lost from sleep can never be regained.
It's only in remorse that can their substance reign.

Because I know again that it matters greatly – AND
not at all...
Because I choose to live
And prosper once again,
To reach the heights of greatness,
To strive and yet attain

Oh Great Spirit, teach us to always move
And to content in being still.



Lisa

Self-Esteem Expert Dr Joseph S. Rubino

A Day In The Life Of The Resigned

After all is said and done
 And today is just a memory
 We will look and laugh
 And nod and sigh
 And think it strange
 To have tossed and worried
 Hoped and prayed
 For so familiar an ending
 Morning dawns
 The city rises
 Sweeping out the cobwebs of the mind
 With well-worn brooms.
 The moans of children off to school
 To learn the ways to wipe the smiles off their faces.

Along the windings of the streets
 The memories strive to linger.
 Of those who stood in fear
 In stagnant and decaying lives
 Not knowing of their right to choose
 But opting to malinger.
 The midday sun is strong and bright
 For those who seek to find the light.

But to those in their hiding places
 The darkness tends to conceal all faces.

The sun goes down
 As dusk grows near
 Turning memory into fear.
 The chance to do -- again gone by
 We turn ...and climb the stair... and sigh.

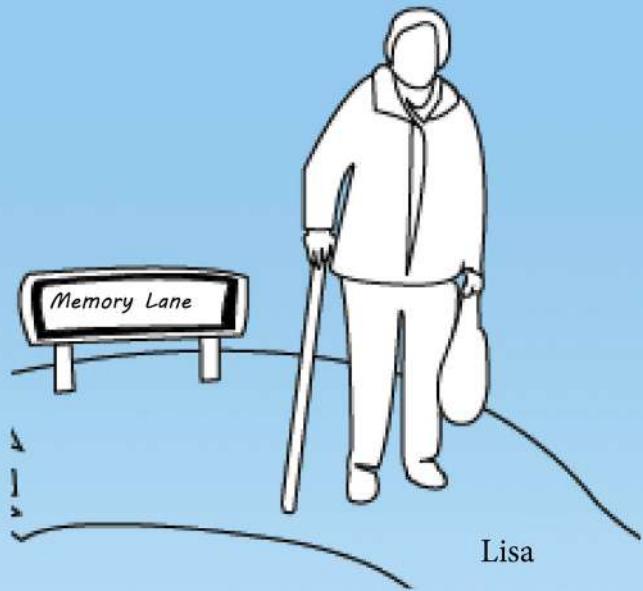
Too long a day
 (He'll turn and say).
 She yawns
 And nods her head.

Evening's come
 The moon reminds
 With such a grin
 That wipes the laughter from your chin.
 The choice to act again passed by.

Bed awaits
 It's time for sleep
 To gather strength
 To live again
 The memories that we keep.

Dr Joe Rubino explains this poem he wrote reflects his resignation before reinventing himself and his life...this means you can step into who you really are too.

www.DrJoeRubino.com



Author John Townsend

The Simple Proof

When I was born, the midwife smiled
And weighed me on the scales.
She measured me from head to toe
And wrote down all details.
“Now here’s the proof - we’ve got the truth,
Assessment never fails.”

When I was two, the doctor smiled
And measured pulse and heart.
She wrote down numbers on a pad
And drew lines on a chart.
“Now here’s the truth - we’ve got the proof,
Assessment is an art.”

When I was five and went to school,
They tested us each day,
They noted sums I couldn’t do
And words I couldn’t say.
“Now here’s the proof, we’ve got the truth,
Assessment shows the way.”

When I was ten I fell behind,
They proved it in each test.
They strangled all my interest,
I felt depressed and stressed.
“We’ve found the truth, we’ve got the proof;
Assessment is the best.”

One day I’ll show them all the proof
That everyone should know;
How measuring can shrink the truth
And fails to make us grow.
We’ll all reach higher - if lives inspire...
Let inspiration flow!



John explains:
In other words... let's just enjoy living, loving and learning. Why worry about trying to prove/improve them with measurements? What or who has inspired you most a) this week b) in your life so far Why? In a world that only seems to value what it can measure, we are in danger of not valuing the immeasurable – YOU!

www.johntownsend.co.uk



Author John Townsend

Being A Genius

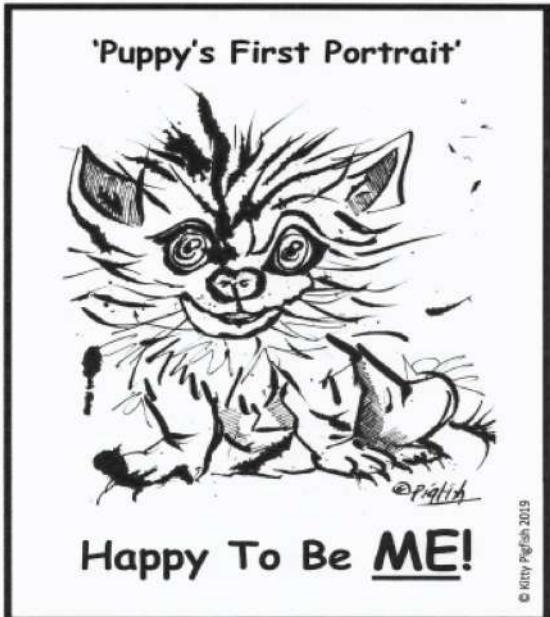
I'm not much good at reading,
I'm bad at numbers, too.
I struggle with so many things,
There's lots I cannot do.
There's just one thing I'm good at
That no one else can be...
I'm the world's most gifted expert
At simply being me.
(And you don't get more special than that!)

John explains that self-esteem, like a candle flame, burns within you to give an inner glow of confidence, self-belief and worth. But, like a candle, it must be lit and cared for as it can so easily be snuffed out. When schools have great teachers and great books, you will find great children who glow. Never let others or all those tests ever extinguish your flame. What are the things that make YOU special? What do you like most about yourself?



John Townsend is a children's writer of 300 books aimed at encouraging reading to be fun, interactive and short, which is what attracts young readers to his books.

www.johntownsend.co.uk



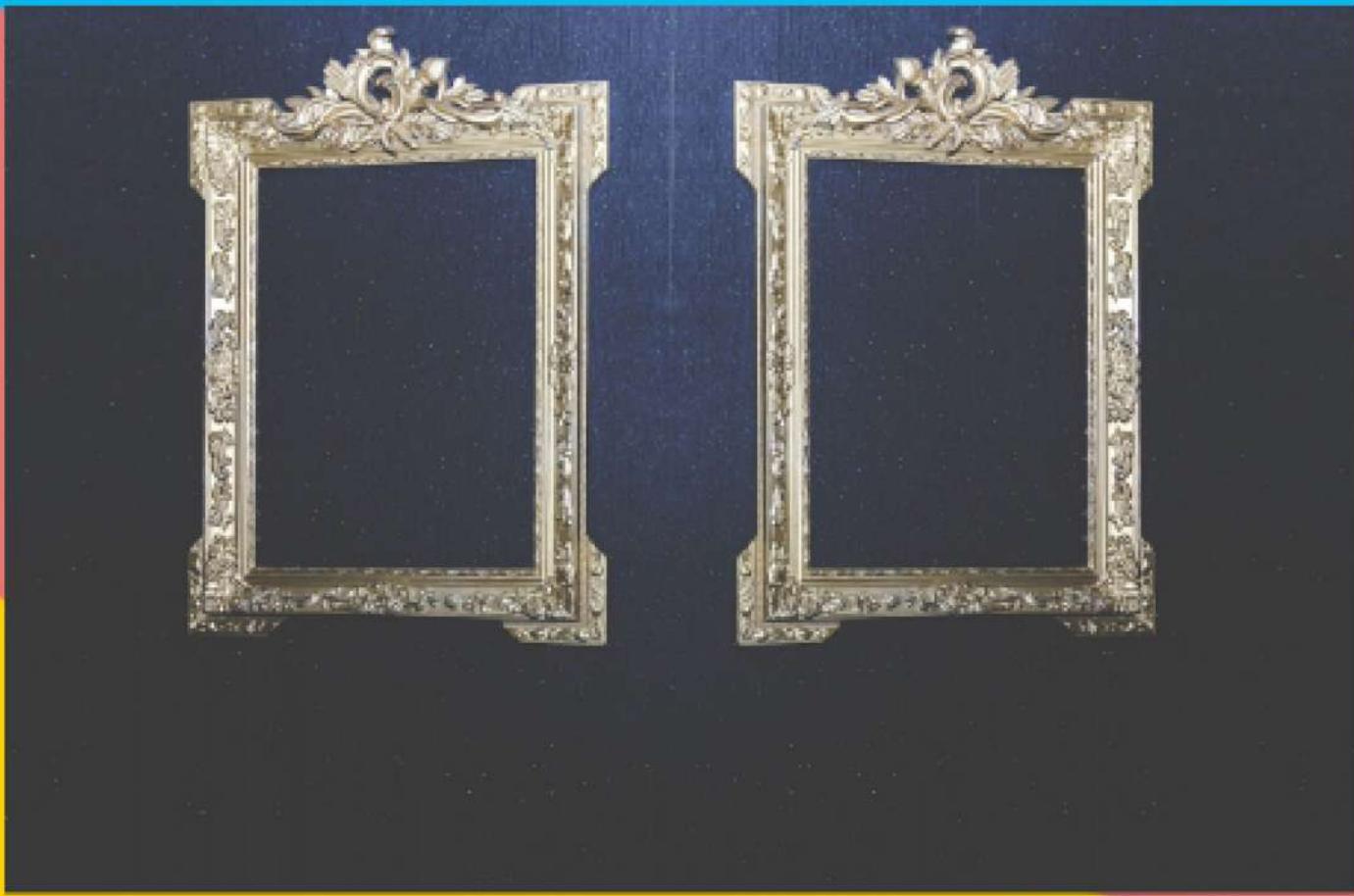
**Gift Illustration From
Poet & Cartoonist Merlynda K Robinson (LLAM)**

Thank you for getting a copy of Poetry Book,
“Mirror, Mirror.” We all wish you the best with
this book and hope it inspires and gives you the
confidence to be, do and become.



Copyright © 2019

All rights reserved by contributors involved.



Mirror, Mirror - Conclusion

It is hoped that the poems on self-esteem and self-confidence in this much-needed book will help children to understand themselves and their feelings better and so become more confident and happier. It is also hoped that the poems will be discussed with teachers, parents and carers – people children will feel comfortable with in talking about their fears and worries. If children can be encouraged to be open about feelings of low self-worth, this might be a first step in changing those feelings for more positive ones. The poems could be used to encourage and inspire children to express their feelings in writing or in art. What do the words confidence and self-esteem mean to them? Can they find the definitions in a dictionary, or think of other words for the same ideas?

Perhaps they could write their own poems about those topics. Writing and talking about the poems in this book could be a powerful way to help them express themselves. One suggestion is that they chose one or more poems from the book that they enjoyed and say what they liked about them. This could open up some helpful discussions with parents, teachers or carers. Note that the book should be used selectively with younger children, as some of the poems are more suitable for an older age-group.
Happy reading!

Journal For Mirror, Mirror - Power Questions For the Morning



Start this journal now to build your confidence and self-esteem -

1. What am I grateful for today? Date:.....

a) _____

b) _____

c) _____

2. What would make today great?

a) _____

b) _____

c) _____

3. What is the ONE thing I must accomplish/achieve today?

a) _____

NOTES

Journal For Mirror, Mirror - Power Questions For the Evening



1. What did I achieve today? Date:.....

a) _____

b) _____

c) _____

2. What lessons did I learn?

a) _____

b) _____

c) _____

3. What am I thankful for right now?

a) _____

4. How am I feeling right now?

a) _____

5. What did I read today?

a) _____

6. What are 3 amazing things that happened today?

a) _____

b) _____

c) _____

7. How could I have made today better?

a) _____

NOTES



This edition of this free ebook was
brought to you by -

<https://www.freekidsbooks.org>

Preschool, early grades, picture books, learning to read,
early chapter books, middle grade, young adult

Always Free – Always will be!

Copyright – Legal Notice

This book has a standard copyright. The permission to publish this FKB version has been provided by the author or publisher to <https://www.FreeKidsBooks.org>. The book may not be re-posted online without the author's express permission.