

...is someone who can help me to believe in myself  
lift off the heavy bag of worries  
follow my footsteps  
walk by my side.  
Someone who can understand,  
show trust, lift my spirits.  
Someone to play with.

My friend, you are a delicious chocolate ice cream  
a fluffy chocolatey burst in my stomach.  
Don't let bullies put you down.  
You can break my bones but I won't fall.  
I'm strong as a buffalo but there is an emotional tumble dryer in my tummy.

Feeling empty, without friends?  
Try and join in, bounce back, speak about your feelings.  
Be able to be free. Resilience! Smile!  
Like having a friendly Koala wrap its arms around you.  
You are a soothing latte.

My friend is a cushion to comfort me,  
a calm blue lake with trees, a village and a mountain.  
Strong like my beautiful oak tree..  
Relaxing, reliable, a shoulder to lean on.  
Someone who would fall to their knees for me  
laughing, leading the way.

My friends see me when I'm upset,  
we talk about feelings, share, show empathy, listen.  
My friends have ears to hear me,  
can stand in my shoes,  
take the weight off my shoulders,  
hold my hand.

My friend you are a delicious bagel, filled with happiness.  
You are a strawberry, a clementine marmalade pudding.  
You are a diet Coke and chocolate on a warm Spring day.

My friends give me butterflies in my tummy,  
a warm rush, arms for hugging... trust.  
Ears to listen and hear me.  
My friend, you are a colourful rainbow gliding through the sky.

Happy shiver when you see a friend, standing where your last friend was,  
making a mark, having a connection with someone