

## **The Sunshine Within**

Poem by Jojoba Mansell

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On bleak days, with leaden skies,  
when you don't know where to begin.  
Your head hurts and your heart cries,  
look for the sunshine within.

After dark dreams of panic and fear,  
when you almost break, almost give in.  
All hope smashed, dreams far from here,  
look for the sunshine within.

On foul days, with no rest in sight,  
and you cannot force a grin.  
Remember be calm, it will be alright,  
you have the sunshine within.

[Jojoba Mansell](#)

Wednesday 20<sup>th</sup> May

I: Adjectives and picture.

- dejected
- down in the dumps
- wound up
- lost
- hurt
- alone

- joyful
- cheerful
- peaceful
- calm
- loved
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