

Poetry Series

**Lauren Coles**  
**- poems -**



PoemHunter.com

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## Lauren Coles()

I have cerebral palsy and am in a wheelchair. I like to write motivational poems. I have my own business called inspiration station where my mom helps me paint homemade greeting cards. Wwww. Lauren's inspiration station@weebly.com. My novels can be purchased on lulu.com.



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# Animal Friends

Not everyone is happy all the time,  
Sometimes you just need to get away from the house,  
Only if have somewhere to go to on your bike,  
Neighborhoods have parks,  
In the fairytale Snow White she escapes to the woods to get away from the evil queen.  
Everybody knows that animals don't talk unless actors and actresses give them a voice,  
When you arrive you hear birds singing and frogs dancing around in the pond,  
Squirrels may come to say hello,  
You may not have any friends but animals will always listen to you,  
They may not know when you're coming back to talk but there's always going to be more bad days ahead,  
You might not be able to understand them but they can understand you and be your friend.

Lauren Coles



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# When Poetry Comes Alive

People have different ways of expressing themselves,  
The world gets crazy,  
Some people don't know why they are even here on earth,  
That should be a final jeopardy question that will have all us scratching our heads,  
Maybe it is music,  
Or cooking,  
Or writing,  
We aren't born with talent,  
We have to grow the skill that we have to master with practice,  
Talents start small,  
You may write something that doesn't have any details,  
It's important to have friends who can give advice to make your writing sparkle,  
Your writing is like paint beautiful images that fly off the page like a wizard who is casting a magic spell,  
People have different tastes in art,  
It's yours for the taking.

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# Old Woman Glasses

Old woman glasses

Glasses are for people who can't see,

It is easy to see when you are young,

Old woman can't drive,

Old woman have pain in the knees,

People have to wipe their glasses off to see clearly,

But as you get older you aren't sharp as you used to be,

The words of a book are puffy and jumbled up,

Some people don't wear glasses but for old people glasses are a way of life for old people.

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# Vacancy 18+

Vacancy

Not everyone is honest about who they are,  
It can be scary,  
People don't want to work for what they want in life,  
People may think that it's Halloween everyday,  
I don't watch the news,  
People forget to lock their doors at night,  
Criminals may welcome themselves in the house that is vacant,  
Free stuff,  
Turn yourself in,  
If you need help just ask for it,  
Stealing is not right you are letting people down,  
You might think you can hide in the house that is not yours but you will get  
busted when the police get involved.

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# Wildcard

Things don't always go as planned,  
Not everyone can be in a play so they might have to substitute for another actor  
if they get sick,  
Adults don't get the job they want so it's a good idea to have a few options to fall  
back on,  
You might have to find the right house to fit your growing family so you better  
take lots of notes and pictures to make sure that you make the right decision for  
your family,  
When coming up with a child's name you have to make a important choice  
because you have to call them by their name for the rest of their life or whatever  
they get into trouble,  
There are a lot of wildcard situations that could play out so don't take the easy  
way out.

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# Poison Ivy

Nature is a great place to be,  
You get to see things you wouldn't see in the house,  
Bears and deer are common animals in nature,  
People should know better to stay away from them,  
As the saying goes if you don't bother them they won't bother you,  
Nature is also home of trees and bugs,  
If you are planning to go out into nature be sure to wear long clothing,  
Bugs may get into your shoes,  
You might be holding your walking stick and it might bump up against certain  
types of trees,  
You have to hold your hand up against your clothes,  
You enjoyed your day in nature and when you get home you noticed red botches  
that are itchy that can only be one thing,  
Poison ivy! ,  
Poison ivy won't kill you, but it is really uncomfortable.

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# Digging Is My Middle Name

Meerkats work at night,  
Digging holes anywhere in their reach,  
People are sleeping while they are working,  
How can they see well enough to dig deep into the ground,  
Meerkats don't know any better that goes for any wild animal,  
Let them be off the hook,  
They won't look good in a jumpsuit.

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# I Want To See The World

I want to see the world  
You can't understand a bird,  
Take away the hair and replace it with feathers,  
A bird will go crazy if you don't let it go in the wild,  
Pets take a lot of work,  
A injured bird can't take care of itself,  
In a rehab environment they are not allowed to see their family,  
Vets give them homework,  
They must steady their feet to practice flying,  
They might not want to eat,  
But it's the only way to get stronger,  
It might take months and lots of rest,  
There will be a day where you have to set them free,  
Birds are like kids leaving for college,  
They have to go on their own journey.

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# What's The Holdup

Everyone wants to get home from work but they can't do that if traffic has come  
to a standstill,  
People grow impatient,  
They might yell swear words at the top of their lungs,  
You can't even see the object that people are stopped for,  
Cars might have their windows closed as they drive by,  
Something is moving in the street at a dead speed,  
It is small and green,  
It can only be one thing a turtle.

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# Overgrown

Flowers don't last forever,  
Flowers don't get sick but when they start to wilt it is a sign to say goodbye,  
Just like a human flowers have stems instead of a spine to help hold them up,  
People have to be careful about planting flowers near their siblings because they  
might get into a fight over who gets watered first,  
People can't come back to life but people can buy flowers to replace the ones  
that they have lost.

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# Happy Meal) Inspired By The Famous Fast Food Chain McDonald's

Happy meal

Food doesn't make us happy,

Food has starches in it,

Junk food causes the body to slow down,

McDonald's is one of those things that is quick and easy,

If you have to grab something on the road after a soccer game or a Boy Scouts meeting,

But fast food isn't something you should have on regular basis,

Kids would eat it everyday if parents would let them,

But only you can make that decision.

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# Regular, Mild, And Hot

Wings or peppers are nothing to mess around with,  
You are ready to dig in and clinch your hunger but your tongue will be mad,  
You may have a high fever but not from being sick,  
Tears form in your eyes but you are not sad,  
You wonder what you can do to take the spicy taste from your mouth,  
You can count to ten but you won't get rid of the taste because that's the cure  
for the hiccups,  
There's a reason why every house should have a faucet,  
Because without a faucet, you can't get water,  
And without water you can't get rid of the taste,  
You don't want to make that mistake again.

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# A Greenhouse

A greenhouse isn't always green,  
It's not all about the color,  
It's what grows inside,  
Beautiful flowers help make the earth shine,  
People can do research on which flowers perform best in a certain season,  
Flowers need rain so they shouldn't be cooped up inside,  
What a pathetic life,  
It's deserved to be seen in the garden in the great outdoors.

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# Hippo's Don't Lie

Inspired by the song by Sharkira

You can't hide a hippo that easy,

Elephants should hide together,

You will have to find a larger space for it to hang out with its friends,

It might have a knot on its head when it comes out of hiding,

It may go away over time but they have to worry about their size for the rest of their lives.

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# May I Please Take Your Picture

Let me take your picture

A child who is unhappy doesn't want to interact with anyone,

You are a photographer and you can make funny faces behind the camera,

You become a rabbit before their very eyes,

You become a frog with your magic wand,

You become a ghost,

You have to use your imagination in order to get your picture,

The mission will become a complete failure without that priceless smile that you came for.

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# Hug Me

Koalas love to just hang around,  
They might look like they are sleeping but they are really not,  
They have to use their feet to hold them on branches,  
Koalas love trees,  
They could stay there all day long and never come down,  
But they have to eat so leaves are the best thing for them to eat so they could  
stay in one place.

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# Tenth Time Is The Charm

Bowling is a game of strategy and skill,  
The ball doesn't perform just because it is a certain color,  
People have to rub the ball for luck,  
As you step up to the plate you throw the ball down and watch it wobble back  
and forth,  
The ball has a mind of it's own,  
There is something sticky on the floor almost like glue,  
The ball doesn't move where you want it to and goes straight into the gutter,  
You think that it will just happen one time and the game will go smooth sailing  
from there,  
You start to get deflated like a balloon from all those zeros that are below your  
name,  
They have ten frames in bowling for a reason,  
You finally get a strike but even though you won't win you still want to have fun.

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# Outer Space

Outer space

I wish I could be a robot or a astronaut so that I could float around feeling free from my wheelchair,

People get to walk around on two feet,

I can only imagine how it feels,

I recently had the opportunity to go to Disney world to share the magic with my friend,

George Lucas's famous Star Wars series is the closest thing to an adventure in outer space.

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# In The Tall Grass

Snakes are tiny little creatures,  
Children want to go out and play,  
But you have to be careful,  
It helps to wear long pants,  
But be careful that snakes don't show up where they don't belong,  
Because people will let a few choice words fly.

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# Don't Mind Us

Don't mind us

Ducks have a mind of their own,

They trail behind the water's edge,

They dip their heads in and out of the water,

You brought them some bread in case they get hungry,

You drop it in and let it float on top of the water,

All they say is quacking sounds,

Maybe they will come back when you are not around.

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# Dish Soap

Mineing is like wishing dishes in the sink,  
You don't know what will come up if anything,  
You just have to sit back and watch,  
Rocks and minerals,  
They are the same thing as the pioneers used to search for billions years ago but  
today anything that you might find is much more valuable today,  
You will need to wash what you have collected before you get it inspected to  
determine how much it is worth,  
Rocks have been touched by multiple hands,  
People play tricks on others disguised rocks as less vulnerable and they may not  
be rocks in the first place.

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# Sensitive To Detail

It is easy to see a horse or touch one for a sighted person,  
You have to tell the blinded person where to step,  
You have to first get the horse out of the stable and in a good hearing distance,  
The horse will whinny loud so it can be easily heard,  
Horses get muddy and might need a bath,  
You have to tell the person where to place their hand,  
Higher or lower,  
Horses get scared by sudden movement or noise.  
So calm voices will do.

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# First Time

Love is something that everyone wants to feel,  
Love has little meaning when you are young,  
When you find out about love you might find the definition in the dictionary as  
hogging or waiting for attention,  
Down the road you will discover it's real meaning,  
Falling in love is a huge step,  
The right person is out there for you,  
First time loves might break your heart,  
A few tears are okay,  
Your partner might not be thinking about you but you are thinking about them,  
Every girl in the world loves to try on makeup but I don't like it,  
Beauty lies within,  
I'm still waiting on my prince to sweep me off my feet,  
I want to show someone all of me cover to cover,  
My idea of the perfect date is a movie curled up on the couch with a warm  
blanket,  
Trust is hard to find these days so never let them go and kiss them whenever  
you get the chance.

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# On The Windowsill

It's such a beautiful day no need to close the window,  
The window should be open,  
The birds can't get fed until humans do the job,  
Parks are a good place to feed the birds,  
Everyone needs to learn how to share,  
On the windowsill one bird gets all the attention.

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# Takeout

Takeout

People are tired after work,  
They just want to come home and put their feet up,  
Meals don't make themselves you know,  
Food is essential for everyone to survive,  
After you help them with their homework or drive them to sporting events you  
are like a toy that needs new batteries,  
There's good things and bad things about fast food restaurants,  
A line may feel like a snail moving slowly,  
You might get the wrong order and you might get it cold,  
People need to learn to control their temper,  
We all make mistakes,  
Running a business means to make a customer happy,  
If your headset doesn't work make sure a new battery so it doesn't die in the  
middle of your order,  
If you do a good job you may get a bonus,  
You always want to make them come back for more.

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# Beliefs

## Beliefs

Imagination is a beautiful belief,  
Everyone has a list of different beliefs,  
We are all born and we all will die,  
Family members live together with everyone smiling and laughing,  
That's a happy home,  
I believe in the man upstairs who will always protect us from harm,  
But sometimes people don't believe in the things that you do,  
The lord is hard to see like a magic spell,  
He lives up in the sky,  
Some people say if God is good then why do bad things happen to good people,  
Sometimes He wants to see how you are going to do with the situation at hand,  
I get so frustrated when I see people take innocent lives over small things,  
Sometimes parents believe that school should be all that their kids should care  
about,  
They sometimes don't get to participate in birthday parties or sports activities,  
Parents have their own priorities and don't want to be involved in their kids life's,

Kids should be able to make their own decisions,  
They might make the wrong decisions but you can't hold their hand forever,  
Just make sure that they know that you love them because someone may get a  
hug at all.

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## For Starters

For starters

Horses can be easily mistaken for zebras and vice versa,  
While horses live in stables, zebras live in the wild,  
Zebras look like someone has given them a bad paint job,  
But the stripes come naturally,  
Horses come in multiple colors,  
Zebras are from South Africa,  
They are used to hot temperatures all day long while horses get breaks from the heat,  
People tend to ride on horses considering I have never seen anyone run on a zebra before,  
Zebras can run fast as well, ,  
Horses and zerbos have long tails so they can swat the flies away,  
The only places where you can see Zerbos are in zoos.

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# Lost In Nature

Compasses can lead you the opposite direction from the way that you want to go,

Compasses are great tools to get you started on the right path if you are in nature and you are lost,

See there's a reason why you should pay attention in school,

School can help you learn your coordinates to determine what direction you're going to be taking on your journey,

It's amazing how so many compasses have been developed throughout the decades from now and then,

Logic is a great tool to use,

North turns to west,

East turns to south,

Technology can give us fits but we have to be thankful for the days when technology works properly,

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# Hot On Your Trail

Nature is place to get away from your reality,  
It is a calm place to sit and think,  
People can visit places on the planet all the time,  
People go hiking in the great outdoors all the time,  
You are sharing the same space with animals,  
The animals are afraid of loud noises,  
They might visit the same place that you did but after you have left for the day,  
The next day you see the tracks on the pavement,  
If you are in a group of people you can guess what animal made them,  
A beaver, a bear, a deer, a raccoon,  
The possibilities are endless.

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# Give It All Away

I grew up in church,  
Having to depend on other people has taught me not to take things for granted,  
I'm lucky to have a roof over my head,  
I want to give all the glory to God,  
Being a writer has been so rewarding in so many ways,  
I rather donate my earnings to charity to help people who are looking to exit this  
world,  
I can't help everyone but I can help someone.

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# A Lot Of Questions But No Answers

A lot of talking but no answers

It can make a person go stir crazy when they don't get the answer to the question right now,

There are a lot of situations in life that are like that,

It may make you mad to know that you were called out of a very important work meeting for a family emergency,

But when you get to the hospital the hospital staff leave high and dry,

You want to curse under your breath but children might be present,

The doctors might be learning the same questions that you might want to know,

It's important to take deep breaths and have lots of patience.

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# Don't Go In There

There's nothing worse than having to go into a room of a child who doesn't know  
how to clean up after themselves,  
You have to keep your body healthy inside and out,  
Teeth are the most vulnerable part of your body,  
You can't survive without food,  
Your teeth may be small but they need a shower,  
People don't want to brush their teeth before going to the dentist,  
Food gets stuck between your teeth,  
Your mouth is like a house being put up for sale,  
People don't want to buy it from you anymore if you have trash lying around,  
So be kind to your dentist.

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# Too Many

Too many

Beds are warm and comfortable,

But hospitals can't hold too many patients at one time,

There's nothing to do but watch television,

One patient may want to go to bed while they want to take their mind off the pain in other ways,

It can be boring just staying in one place,

The important thing is to get better so that you can go home,

Once you get better you don't need to be there anymore and that's all the reason to celebrate.

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# The Right Fit

Glasses are not a toy,  
Everybody's noses are different sizes,  
Vision is essential for people get around,  
There's only a limited supply of glasses to go around,  
So a trial and error is credited to you so you can get the best set of glasses for  
your money,  
You might get headaches from trying out so many different types of glasses,  
Some might look like they have bird poop on them when you try them on but  
they are all like that at first,  
Some you may be able to see out of them with no problems at all,  
That's why you should go ask a professional about the problem before you make  
the wrong decision that affects your health in the long run.

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# It's Hot You Know

It can be easy to get distracted when you are cooking with kids,  
The phone rings or you have to go to the bathroom,  
You think that the food will be okay but flames can get out of hand in a hurry,  
Little kids don't know any better,  
They might be watching the flames dancing,  
They might get too close for comfort,  
Heat is not a toy,  
If you want to be a good parent always keep your eyes on your kids while they're  
are cooking.

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# Make Time Go Faster

When you are a kid time doesn't go by fast enough,  
Kids get excited about something and they can't sit still for the time to come,  
Parents get tried and kids think they play tricks on their parents by rewinding  
time,  
As a infant you have knowledge what so ever of time,  
I wish time would come stop but it doesn't,  
Good thing for daylight savings time but it's drives people crazy.

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# Come Home With Me

A dog should never be allowed to roam the street,  
A dog has no identity without a collar,  
Some dogs have no idea what love looks like,  
You may find it scared to be alone in the woods,  
All it takes is a lot of love,  
They might be loved for the first time.

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# How Appropriate

Flowers are the only thing that you see at funerals,  
It sets the mood,  
Calm and peaceful,  
No party games,  
You might think that you are in a garden,  
What a good way of thinking of them sitting there next to you.

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# A Boat Without Water Can't Float

You might be wondering why you are not moving,  
You got your life jacket and sunscreen,  
You get everything all loaded up and ready to go but the outcome is not what  
you expected,  
You are in the middle of a drought,  
It is always a good idea to pay attention to the news,  
That way the fun is not wasted.

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# Understudy

Everyone gets nervous from time to time,  
People have to miss shows if they are acting in a play,  
People don't want to miss shows but sometimes in life there are things that are  
not in our control,  
People get sick,  
That's why someone has to learn the lines just in case they can't be there  
because everyone knows that you can't be at two places at once,  
That's impossible,  
You can tell your friend that you can be there to save the day in return for  
helping you out,  
I would do anything for a friend.

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# Should I Just Let You Cry

Should I let you cry  
A baby will start crying,  
You don't want to let them cry,  
Because they won't learn to soothe themselves,  
They may drop their favorite toy on the floor,  
They might like it when you bounce them around on your lap but they won't want  
you to sleep and all mothers need their sleep as well,  
Every single parent has to make that decision to step back and just let them cry,  
The more you insert this habit they will break the habit altogether.

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# On The Spot

It can be embarrassing to not remember the words of a song,  
You might have sung it in your car,  
But now the words are escaping you at this very moment,  
Thank goodness you can sing along with the words on the screen,  
When doing karaoke there are so many to pick from.

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# Bed And Breakfast

Parents need a break from the kids,  
It doesn't have to be Valentine's Day,  
I would love to take you in my arms,  
I would kiss you all over from your neck to your toes,  
But we don't have kids because I don't own you,  
The bed and breakfast is only in my mind.

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# They Won't Stay Young Forever

Just like kids, dogs get older and grow up,  
You might be looking to adopt a pet,  
People take one look at the dogs and see them wagging their tails and it's a done deal,  
But when they get home the fun begins,  
They pee on everything and some people fly off the handle,  
The shelter can only take so many dogs,  
It makes me sick that some animals have to die but that's the reality of life.

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# Comedy Central

Hollywood is the perfect place for laughs,  
The actors go to work to get people to laugh at their comedy shows,  
But not everything in life is funny,  
Funerals are not funny and people should be respectful towards the family  
members of the person who died,  
Bullying often goes unnoticed and people poke fun at the people who are getting  
bullied,  
There's a time for fun and a time to be serious.

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# It's Not About You

Me, me me,  
People are often on a quest for more,  
People may not be so lucky,  
Money doesn't make the world go round,  
Love does,  
I want to inspire others to give from their hearts,  
Being in a wheelchair makes me not to take things for granted,  
The more you give the favor might be returned to you when you need help.

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# Piggy Back Ride

Kids love to play games,  
They love to play pretend,  
Kids have it easy getting up and down,  
Adults get tired and have to take breaks,  
They have to say "let's play again" tomorrow.

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# Snapping Turtle

Who in their right mind would get close to snapping turtles? ,  
I wouldn't,  
They might be small but they have a big set of teeth,  
It's better to leave wildlife alone.

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# Hotdog

Wiener dogs get a bad reputation because of their size,  
They can't get far off before stopping for water,  
They might look like a hotdog but it doesn't mean that they are hot,  
All dogs get hot from the heat,  
They don't want to be bullied for their size.

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# The Rules Of Kindness

Evil is not something to celebrate,  
Kindness is rarely celebrated,  
1. Kindness isn't always about you.  
2. End friendships that are toxic,  
3. Look hard for the good,  
Because kindness is cool,  
Holding the door open is cool,  
Donating organs is cool,  
Kindness should overlook evil everyday

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# Until It's Taken Away

Until it's taken away

I wish I knew what it feels like to run,

Other people do,

I wouldn't wish tragedy upon anyone,

One foot in front of the other,

Accepting help from others is the most difficult part of having a disability,

Being born with a disability is easier because you don't have to start over,

If you get injured in an accident you have to find someone to look up to,

I can't imagine relearning simple challenges.

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# Multiple People

One,

What's to be done about the situation if there's only one person who is involved,

A fire will just keep growing and then more people will lose their lives,

Police officers can't do their jobs without a sidekick because they have to drive

and someone else is watching to make sure they don't escape from their handcuffs,

People are always afraid to step in,

But the violence won't stop if we all do our duty as citizens of multiple people.

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# April Showers Bring May Flowers

Flowers are the best part of weddings,  
Spring is the perfect time for rain,  
March is the beginning of the spring season,  
People can't predict the weather,  
At least spring doesn't start with hot weather,  
Water helps flowers grow,  
People should be able to vote on what months are the best,  
For me it's a tie.

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# Follow The Leader

Follow the leader might be the best children's game ever invented,  
Fridays are the perfect days to party with your friends,  
I rather stay home and watch a movie than go out and get drunk,  
Drinking is not a cup of tea that I choose to be part of,  
When you drink you are not in control of your own life,  
Things can get out control fast,  
I don't want to be on the news,  
Clubs are Smokey,  
I know where my bread is buttered,  
I wish everyone can enjoy positive activities everyday so that you don't end up  
being somewhere where you don't want to be.

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# To Be Continued

Dot, dot, dot,  
The annoying sign that someone is typing,  
Lines are wiggling back and forth like waves,  
You have to have good eyes to look at the small screen that fits in your palm of  
your hand,  
You might get leg cramps waiting for the person to respond,  
I wish I could get my thoughts down on paper faster,  
I am so lucky to have friends who don't care how long it takes me to type,  
Thank goodness for the internet so that they can get back with me overnight,  
I wouldn't want to keep them in agony if a message is important.

Lauren Coles



PoemHunter.com

# What Is Fun

It's sad to say that some kids can't have fun,  
Kids may have to study all the time,  
They might have to babysit their younger siblings while they're still a kid  
themselves,  
Don't wish your life away,  
You can still have fun you just have to your surroundings,  
Parents don't want to let their children grow up,  
Stand up for yourself that way you can enjoy every moment possible, ,  
Watch a movie,  
Play a game,  
Do a puzzle,  
Sitting around the dinner table,  
These are some things that people can do to spend time together.

Lauren Coles



PoemHunter.com

# Pebbles In The Water

Violence is never the answer,  
Where can you go to relieve stress,  
Down by the river you can throw pebbles in the water,  
The sky doesn't care,  
The water will thank you for taking your anger out on it instead of taking  
innocent lives.

Lauren Coles



PoemHunter.com

# Reborn

Reborn

We all have something in our lives that we're not proud of,  
A drinking problem,  
Running from the law,  
A dishonest marriage,  
The list can go on and on,  
It's important that kids learn how negative things can follow people into  
adulthood,  
You might be born with a sticker that says you are a bad person and people  
shouldn't be around you,  
Everybody has a chance to make tomorrow better than yesterday.

Lauren Coles



PoemHunter.com

# In The Principals Office

Kids are scared to be called down to the principals office,  
Better get that silly grin off your face,  
You don't know weather the principal is your pal or your worst nightmare,  
Kids are normally in hot water when they are called down to their office,  
The principal is the boss of a school,  
The principal has the ability to stop bullying,  
Parents don't know how to discipline their children,  
The principal can intervene in order to find a solution to the problem,  
The principal has no choice sometimes to put a hold on after school activities,  
Kids are usually upset when they get their punishment but they have to learn  
their lesson,  
Principals can't hold your hand though out their life's,  
With every year comes another group of students come to learn and the routine  
repeats itself every year.

Lauren Coles



PoemHunter.com

# Oh The Agony

I'm not trying to be dramatic here but people need to stop sticking their noses  
where they don't belong,  
Death is not a easy thing to deal with,  
People put on their headphones playing like the world goes on,  
The world will go on someday but it's going to take time for the puzzle of the  
heart to be put together again,  
People dread going through their loved one's things but it's got to happen  
eventually,  
The heart will be broken until it gets to be sewn together again,  
There's so many ways to go out of this world,  
So before you go anywhere tell the people that mean the most to you that you  
love them because you might not get to see them again.

Lauren Coles



PoemHunter.com

# Jet Lag

Jets run on fumes,  
Jets need a break from time to time,  
Parents are like jets chasing after their kids,  
Kids need help with their homework and parents might be working two jobs to  
make ends meet,  
Kids need to know that they are loved,  
Parents can play a game with their kids,  
They can read a book with their kids,  
Parents can ask their kids how their day was when they got home from school,  
If you want to be a parent you need to be more active in their lives.

Lauren Coles



PoemHunter.com

# Heavy Rains

I write about everything under the sun,  
None of us have the power to make our lives into a movie,  
I wish I had a magic wand to read people's minds,  
But most often we don't even get the chance to do that because a heavy  
downpour might spring up from out of nowhere,  
People want to hide their problems in the dirt,  
The window rattles violently waking people up in the middle of the night,  
Some people sleep through the storm,  
Not a lot of people care about their safety,  
Talk about how you are feeling with a friend,  
You may have something in common with someone who is dealing with that you  
are,  
You don't want to leave them a surprise when they come home from work.

Lauren Coles



PoemHunter.com

# Crunching Some Numbers

Crunching some numbers

Numbers can't be eating,

There's so many surveys being done in the world today,

Everything has some sort of money amount attached to it,

Multiplication is a skill that people use in school,

People think they can just keep spending money on useless things like alcohol,

The money runs out,

People spend money on entertainment more,

People think it's a waste of time to apply for college but that's the one way to get a job that really matters to you.

Lauren Coles



PoemHunter.com

# Superstition

Superstitions are more common around Halloween,  
But not all superstitions are bad,  
Wearing green should bring good luck to you,  
A penny is lucky,  
Luck will be one thing on your side but only if you believe in it,  
We need more luck to make the evil vanish forever,  
Just because there's a fictional character that goes around pinching people who  
don't wear green doesn't necessarily mean you should do it.

Lauren Coles



PoemHunter.com

# Spring Fever

Flowers are a good sign,  
White is replaced by green,  
Animals return and poke their heads out,  
People can read outside again,  
They will have to wear sunglasses to avoid the sun,  
Be smart,  
The one bad thing about spring is the allergies that people get when the weather changes,  
A runny nose,  
Itchy eyes and throat,  
There is nothing much that people can do because it comes with the season.

Lauren Coles



PoemHunter.com

# Calm, Cool, And Collected

People don't know how to relieve stress,  
Yoga is a calm way to relax in the peace and quiet,  
Soft music can help you disappear into another world,  
People rather prefer negativity than love and kindness  
You don't want to do something that you can't take back later,  
You can do this with your best friend or in a room full of complete strangers.

Lauren Coles



PoemHunter.com

# Bookmark

We wish we could freeze time,  
Good thing we have pictures to remember the occasions that mean the most to  
you,  
We can't make time stop,  
Movies can be watched over and over again,  
It can be a pain in the butt to find the spot where you left off but it's a lot easier  
to fold the page in a book.

Lauren Coles



PoemHunter.com

# Funny Sight To See

Everyone knows that pears can't really skateboard,  
So it would be funny to see a pear flying down the street,  
At least they are familiar with bumps and bruises when they get knocked off the  
table,  
Too bad things don't happen like that in real life,  
That's why they call it a dream in the first place.

Lauren Coles



PoemHunter.com

# Sleeping On The Job

There's a reason why they call it a job for a reason,  
Everything is not free in life,  
People really wish they were it would be a easy world to live in,  
But unfortunately the world doesn't work that way,  
People don't want to wake up at the crack of dawn when their alarm clock goes off,  
They might not like the traffic that they have to drive in to get to work,  
Your coworkers are jerks,  
The company doesn't pay you enough so you just think you can play on your phone all day,  
You might not have the presentation ready to go that your boss asked you to do,

If a job means that much to you would you do anything to keep it,  
Many people are interviewing for the same job that you are and a missed opportunity is gone forever,  
Everyone has to work to have a roof over your head and raise a family.

Lauren Coles



PoemHunter.com

# Voice Of God

Bad things happen in the world every single day at any time or place,  
Parents leave guns out for kids to use to hurt people,  
People are fond of the idea of drinking alcohol will make the world go away and  
things will get better,  
A person in your family passes away,  
It helps to have friends who know what you are going through,  
But if you don't have friends to stand by you in your corner god can,  
God might be invisible and his spirit will guide you through the darkness of life.

Lauren Coles



PoemHunter.com

# Cold As Ice

I just don't get some people,  
They don't want to check into a mental hospital,  
God put people on the earth,  
We can't change everyone in this world,  
You just have to be stronger than the drink but that's hard to do,  
It calls out to you in your sleep,  
No should be a forbidden word,  
You can't win the war alone,  
It may take a kind person to make you see the light and melt your frozen heart.

Lauren Coles



PoemHunter.com

# Dogs Have Personalities Too

Dogs have personalities too  
We learn something everyday,  
Did you know that dogs have something in common with humans,  
We all might not be dog lovers,  
Some people might have been bitten by a dog,  
Some dogs protect their territory and bark at intruders,  
Some dogs don't have a mean bone in their body,  
You just have to have a good conscience when picking them out because they  
are going to be part of your family for years to come.

Lauren Coles



PoemHunter.com

## Evidence Left Behind 18+

Love should be a crime,  
What are the vows for if you don't mean them,  
If you really love someone then show them respect and kindness and loyalty,  
People pretend to be out with friends but they are not,  
Boys and girls split the blame equally,  
It's when lipstick is on the pillow and kids see you undressed that's there is a  
problem,  
So don't do it in the first place.

Lauren Coles



PoemHunter.com

# See You Later Alligator

We lose friends everyday,  
Friends pretend to be friends to get in the cool crowd,  
Your friends want you to do their homework for them but they aren't going to  
learn anything if you keep doing it for them,  
Your friends pick on someone who can't fight back,  
That's called bullying and I don't approve of that,  
Schools need to think of serious consequences for bullying,  
Kids think it's all fun and games until they are on the other side of it.  
If they want to hurt others they can hit the road,  
See you later alligator.

Lauren Coles



PoemHunter.com

# See You Later

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If they want to hurt others they can hit the road,  
See you later alligator.

Lauren Coles



PoemHunter.com

# How Do You Play The Game If You Don't Follow The Rules

Rules are put in place for a reason,  
But people don't care,  
People like to drink but there's a reason why people have to be 21,  
Drinking makes people not think straight,  
People don't understand why people can't get in the pool without a lifeguard on duty,  
People can die if they don't know how to swim,  
People wonder why seatbelts are invented,  
People don't want to be on the road flat like a pancake,  
People wonder why they can't take medicine all day long,  
People can overdose on it,  
The list can go on and on,  
People want to live a productive and healthy lifestyle people need to learn how to keep themselves and others safe.

Lauren Coles



PoemHunter.com

# Smell The Roses

Winter has gone on for too long,  
Kids are driving you crazy being stuck in the house,  
The weather is changing flowers are replacing the snow,  
Spring is the perfect time to read a book in a bed of roses,  
If you are having a bad day flowers can make you smile,  
All you have to do is step outside and smell the roses.

Lauren Coles



PoemHunter.com

# Fame Doesn't Matter To Me

Anyone knows that celebrities don't get any privacy with everyone wanting to know what they're doing every single moment of the day,  
I don't want to have my picture taken,  
People only care about themselves,  
I want to help others with my fame,  
Celebrities make more money than they know what to do with,  
When I write it's takes all the blood, sweat, and tears to get out what I'm writing onto the page but it's okay with me because I'm still doing what I love and hopefully inspiring someone in the process.

Lauren Coles



PoemHunter.com

# Talking To The Sky

Talking to the sky might sound insane,  
But when someone dies that you care about that's the only way to talk to them,  
You may get dirty looks as people walk by you at the gravesite,  
They can't hear you and they don't know like you did,  
We all have our beliefs,  
We will see them again someday.

Lauren Coles



PoemHunter.com

# Leap Year

Four years,  
Every four years there's a extra day,  
None of the other months of the year have a extra day build in the year,  
28 days are in February normally it can mess with people's heads,  
Good thing we have to get adjusted to this small change in the calendar,  
It all has to deal with the seasons,  
The planet is a interesting place I don't know why people don't know more about  
it.

Lauren Coles



PoemHunter.com

# Crime Has No Place Here

Crime has no place here  
Crime is inescapable,  
On the streets all you hear are police sirens and popping sounds,  
Why were guns invented in the first place,  
That's a question that I should never know,  
How do we keep our kids safe if we keep letting them play violent video games  
for hours on end and they just copy what they see on television,  
I wish I had a vacuum so I could suck crime away for good,  
It's going to take all of us doing our part because crime has no place here.

Lauren Coles



PoemHunter.com

# Reading Music

Reading music

I don't understand how to read music,

The notes just swim around on the page to me,

I like music,

But the beats and tempos are over my head,

God blessed people who have a talent for making beautiful music with a amazing gift,

I'm happy for you but it's not for me.

Lauren Coles



PoemHunter.com

## In Here

I am not one for playing games when it comes to speaking in a romantic way,  
I don't know how people can hurt others that you love,  
In movies it's okay because it's fake,  
Coming home to your partner kissing another leaves a bad taste in your mouth,  
You think they are just out with friends but they are really not,  
I don't want to assume things about a person but there is a reason why people  
have pass codes on their phones or laptops,  
Let's just say I hope you like bacon because you are going into the frying pan,  
But not really I'm not that kind of person,  
Everyone gets over heartbreak in different ways.

Lauren Coles



PoemHunter.com

# Sound Waves

Don't you hate when you are trying to get some sleep and noise comes through the wall,  
Parents are yelling in the next room,  
A underage party is being held at the neighbors house and a band is playing and the owners disregard the curfew that the city has set,  
You are driving in your own car when a other car in the next lane over cranks up the music on the radio at high volume so much that it gives you a headache,  
A new baby doesn't know any better when it comes to waking up in the middle of the night,  
These are all things that are common in the society that we live in today,  
If you have a problem with someone just tell them to their face instead of doing something stupid that you can't take back later.

Lauren Coles



PoemHunter.com

# Women's Work

Work is more easier now that technology and machines to help you get things done,  
The woman would stay home,  
The women would do their sewing in their rocking chair,  
Women would teach their children at home,  
The women had it easy because the men had to do the manual labor out in the open fields,  
People today should take a lesson from those who lived before them.

Lauren Coles



PoemHunter.com

## Sexuality 18+

We all have to get older,  
Parents expose their children to things that shouldn't hear about,  
People put stuff on the internet for the world to see,  
Kids shouldn't know where babies come from,  
But teenagers leave the sex education packet out on the bed,  
Boys are lucky to not have periods,  
Girls get embarrassed when they have accidents in their underwear,  
I don't know why people want to be gay or trans but it's a free country.

Lauren Coles



PoemHunter.com

# You Are Going To Be Here For A While

You are going to be here for a while  
Four walls are nothing to make light of,  
You put yourself in this position nobody else,  
You have no privacy,  
You are in hot water now and only good behavior can save your bacon,  
People don't care about the stress that they put their family members through  
while you're gone.

Lauren Coles



PoemHunter.com

# A Shoulder To Cry On

A shoulder to cry on  
I don't care what you believe,  
I want to thank the man upstairs who blessed me with writing,  
There have been so many days where I have wanted to give up,  
It would break my parents heart if I wasn't here anymore,  
That's why I cry onto the page instead that way I don't hurt anyone.

Lauren Coles



PoemHunter.com

# Figure Of Speech

When people say I'm so hungry I can eat a horse they can't really do that,  
A horse would not taste that good,  
When people say break a leg they don't mean that they want to break a leg  
because that would hurt,  
When people say that you are in the doghouse they are in big trouble,  
People take it the wrong way when people use these phrases,  
That's what school is for.

Lauren Coles



PoemHunter.com

# The Wheels On The Bus

The wheels on the bus is the perfect theme song for me because I don't give up,  
God might have given a rough hand but he wanted to see how I handled the  
obstacles thrown at me,  
Writing saved my life,  
For a lot of people who don't have a lifeline I want to bring them hope,  
This is written with love for my parents I would be nowhere without them.

Lauren Coles



PoemHunter.com

# Experiment

Girls love to look pretty,  
I don't know why they spend so much time getting ready in front of the mirror,  
Because you are beautiful just the way you are,  
Makeup is something that girls use when they become a woman,  
I was never into makeup and I will never be,  
Makeup in my opinion is itchy,  
True beauty is on the inside,  
I'm still looking for the perfect puzzle to match.

Lauren Coles



PoemHunter.com

# Cross Country Road Trip

One of the greatest joys of living in America is exploring the country,  
Each state has interesting facts,  
Each state has unique souvenirs that people can get,  
You can learn about the past and future presidents in Washington DC,  
You can visit volcanoes in Hawaii,  
You can see the Golden Gate Bridge in San Francisco, California,  
You could visit the country music hall of fame in Nashville, Tennessee,  
Wheelchairs are hard to travel in otherwise I would see other states,  
But I'm so grateful for the states that I have visited.

Lauren Coles



PoemHunter.com

# A Little Birdie Told Me

People get the wrong idea when they eadrop on others,  
People think that all talking in soft voices,  
People might not want to broadcast their problems for the whole world to hear,  
Some people just want keep them hidden under the bed,  
Counselors are not allowed to broadcast your information unless you say it is  
okay,  
You might just have lost a loved one and the pain may still be fresh,  
It is your business unless you decide to share it with others.

Lauren Coles



PoemHunter.com

# Clingy

As a baby grows in their mothers belly they rely heavily on their mother's voice,  
Sure it is uncomfortable when they kick you but it's all worth it in the end to hear  
that first cry,  
The way that you talk to your baby will determine it's upbringing,  
Your child may be upset when you go to work or other activities,  
But every parent needs some alone time,  
That doesn't mean that they don't love you.

Lauren Coles



PoemHunter.com

# Slippy When Wet

it can be easy to get distracted,  
the phone might ring,  
you might have to clean up after your pets,  
people may make food and forget or little kids might spill some food on the floor  
and don't realize it,  
it can cause serious injury to the head and body,  
it can lead to serious hospital bills.

Lauren Coles



PoemHunter.com

# The Sound Of Silence

We don't know what it's like to live without something,  
All humans have ears,  
But what if you woke up one morning and couldn't hear anything at all,  
Hearing people can read lips,  
It's not hard to learn sign language all you have to do is read library books on  
what the letters and hand gestures stand for,  
Appreciating differences is what makes our world unique.

Lauren Coles



PoemHunter.com

# Pick Your Poison

Love is hard to find these days,  
People think that money makes the world go round but really doesn't,  
People rather fight with their fists than using their words to justify their  
problems,  
People can land somewhere where they don't want to be,  
Police officers might be on your tail,  
Staying out of trouble is hard to do,  
Negative things are calling your name,  
I wish we were able to put crime to bed but that means working together as a  
team.

Lauren Coles



PoemHunter.com

# Upside Down World

People are have different personalities and views on the world,  
People are in their own little world,  
I wish we had the ability to see what others are thinking,  
We all have different upbringings,  
People use to talk to each other face to face but not anymore,  
Technology has gotten in the way,  
Parents are not playing a active role in their kids lives,  
I think it's important that people have outlets that are positive that they can go  
to when times get tough,  
I like to write and listen to music,  
Music is the soundtrack for the story to come alive like magic,  
But writing doesn't have to be your thing,  
I can't say that I am making a difference for sure but I'll try.

Lauren Coles



PoemHunter.com

# Bare

It makes me sick to see how much food goes in the trash,  
We have the ability of going to the refrigerator while others can't,  
The television commercials don't it justice,  
I wish that people didn't have to go to bed hungry,  
But it's a sad reality.

Lauren Coles



PoemHunter.com

# Butt Calling

We all do things that we don't mean to do,  
We forget that we put objects into our pockets,  
We all have to do laundry,  
Your cell phone may get pressed against the floor of the washer,  
We take a eye off the kids for a moment and they crack it like a egg,  
But we all make mistakes and call someone by accident and in this age we all  
need to be careful because people are always who they say they are.

Lauren Coles



PoemHunter.com

# Out Of The Picture

Out of the picture

Some topics should be considered off limits,

But we can't get off the roller coaster that easily,

Some people don't know what the future holds when they rush into marriage too quickly,

You might want to get the person or your partner may fool around,

When kids are young they suffer the consequences and have to move out of one house and into another,

Some kids think that their parents breaking apart is their fault but it's doesn't mean they don't love you.

Lauren Coles



PoemHunter.com

# Stand Up Comedy

It may look funny to see a flamingo in a yoga class,  
animals need exercise,  
it would be funny to see sweat dipping down it's face,  
it might stretch out to music but not be easy as it looks.

Lauren Coles



PoemHunter.com

# It's Called A Job For A Reason

people have to make a living,

sure you have to get up early,

a job is just about the money for some people,

there should be more kind people,

there are many jobs that are out there where you make a difference like a cop or a doctor.

Lauren Coles



PoemHunter.com

# Space To Heal

feelings are your own,  
when someone dies you have no privacy,  
it is nobody's business but yours,  
you don't just heal overnight,  
the pain stays fresh for years,  
Art can bring you happiness  
but it doesn't bring them back.

Lauren Coles



PoemHunter.com

# Throwing Luck Against The Wall

People don't believe in luck,

some people don't have people who believe in them,

how many bad things happen to someone in a day,

people lose a baby,

people have trouble quitting smoking or drinking,

a parent may walk out the family,

but though every heartache has a silver lining,

you have to be willing to get back on the horse when you fall off by talking to a teacher or a coworker.

Lauren Coles



PoemHunter.com

# Say Goodbye To Nightmares

I wish I can say that this world isn't evil,  
you have to sleep with one eye open,  
kids are afraid to go to bed,  
if only everyone had a stuffed animal to keep them warm and comfortable and  
safe at night.

Lauren Coles



PoemHunter.com

# Playlist Of Love

Off to the bedroom,

don' forget to close the door,

time to snuggle up under the cover,

while you plant soft kisses on my body,

careful so the kids don't see mommy and daddy playing dirty.

Lauren Coles



PoemHunter.com

# Body Changes

Kids go to sleep as kids  
but they wake up with big fruits called boobs,  
they hang down,  
that's if you are a girl,  
boys wake up with their voices deeper,  
god doesn't wave a magic wand it just happens.

Lauren Coles



PoemHunter.com

# All The Stars In The Sky

Stars have personalities,  
some make you laugh,  
some are sweet,  
i love to find a wishing star to dry my tears away

Lauren Coles



PoemHunter.com

# One Man Band

One person can't play all the parts in the band,  
they might have to have pretty long arms like a octopus to do that,  
a band is called a band because they work together to create beautiful music,  
when bands break up it hurts the fans souls.

Lauren Coles



PoemHunter.com

# Sloppy Joes

Muddy brown,

you think it's something worse,

why would they call a sandwich sloppy,

a business doesn't get good reviews from the public if the service isn't good,

you want your customers to come back for more.

Lauren Coles



PoemHunter.com

# Over And Out

Never ever take your eyes off of the road,

people get busy and hit speed bumps,

the radio station should be the least of your worries,

taking a innocent life should be life changing because life's are lost at sea.

Lauren Coles



PoemHunter.com

# Snow Leopard

Leopards hate snow,  
animals have to suffer together,  
no meals are free,  
snow leopards fight back with blood on their paws,  
kids don't know that animals die in the wild,  
death happens to all of us.

Lauren Coles



PoemHunter.com

# Bubble Gum

Thoughts are thoughts,  
People try to cover up their thoughts like candy,  
People can't read your mind and feel your feelings,  
I know I can't chew bubble gum but words stick to paper like bubble gum,  
We all have life storms that happen every day,  
My journal is like the friend that is always there for me whenever my best friend  
can't be,  
Words stick to people that read your writing,  
Each day you can make decisions to open up your heart to someone who might  
be going through something similar as you have.  
Thanks for the opportunity for allowing me to come in your life's.

Lauren Coles



PoemHunter.com

# Did I Miss Something

Pets love food,  
But people sometimes break the rules and give them food from the table,  
But people don't care until the vet bill comes in the mail,  
Kids love to leave food evidence behind,  
Parents need to teach kids how to clean up after them,  
But when parents get home from work pets love to know where you been,  
Something as sweet as ice cream will get their attention.

Lauren Coles



PoemHunter.com

# Lama Mama

You might get dirty looks when you go out in public,  
You might be wondering why people are staring at you,  
They are looking at you funny because your mother has fur,  
Your friends can't understand your mama,  
At least she can't embarrass you.

Lauren Coles



PoemHunter.com

# Spilt Down The Middle

It can be a hard question to answer on why parents split up,  
Kids get bullied for their parents problems,  
Kids may hear their parents fight,  
It's okay every once in awhile but not all of the time,  
Families put on their best happy faces performances when they are really sad,  
But people can't act all the time,  
Sometimes people get along better when they are in two different houses,  
Parents may make two different sets of rules,  
They don't know which ones to follow and that's where a judge comes in,  
It's not always about you but what is best for the child.

Lauren Coles



PoemHunter.com

# Prairie Dogs Don't Like Winter

It's a game of hide and seek,  
The moon doesn't say I want to play with everybody's emotions,  
Winter is a prairie dog's least favorite season,  
Prairie dogs have no coats,  
Winter lays some cold blankets of snow,  
Prairie dogs are counting down when winter is over so that they can poke their heads out.

Lauren Coles



PoemHunter.com

# Pardon My French

When you think of Paris you think of French fries,  
You think of guys who wearing berets,  
Gondola boats,  
You have to cover kids eyes from seeing inappropriate things,  
But one thing about being American you can't understand swear words.

Lauren Coles



PoemHunter.com

## In A Flash

Time to be relentless,  
You can't race with it,  
Time is a thief,  
Every minute for it's self,  
Time is like a baby being born,  
Spend time doing what you love to do,  
Read a book,  
Learn something new,  
Always remember to fluff your pillow so that you can have sweet dreams,  
Each day is a new day.

Lauren Coles



PoemHunter.com

# Dark Christmas

The world is a scary place,  
People don't know how to talk about their feelings,  
In our schools we sit around kids who might not get presents,  
People are all about themselves,  
They may not have someone to teach them how to love,  
Parents might be just trying to make it easier to survive,  
There's nothing wrong asking for help.

Lauren Coles



PoemHunter.com

# Dizzy Spells

The holiday season is upon us,  
Trees are being decorated with lights,  
But alcohol is the way forward to ring the new year for many people,  
You can not know where you are at,  
People play cards and people who have been drinking the beer can spill out of  
the cup,  
People are not there so they a buddy to help them home,  
We can help save lives by not taking part in drinking spells.

Lauren Coles



PoemHunter.com

# Mrs Clause In The Kitchen

Santa has a special diet,  
Santa will not watching television but her,  
No jelly jiggle in the belly,  
Tomato, corn, green beans,  
Santa runs on the treadmill,  
This is to keep Santa healthy for delivery of these Holliday gifts.

Lauren Coles



PoemHunter.com

# Chestnuts And Eskimos

Alaska is famous for snow,  
A common theme is heavy coats,  
Many people have to keep warm from the kennels of the fire,  
Just me and my soulmate,  
I don't care about the chestnuts,  
Just having you by my side is all I need.

Lauren Coles



PoemHunter.com

# Walk Away

Fighting isn't a good thing,  
People copy what they see,  
People want to kill others before getting to know the person they are hurting,  
You can write about your feelings,  
You can play sports,  
Music heals the heart,  
People shouldn't be losing people because someone is stupid,  
You can't read a gravestone that is completely covered in snow,  
They will never get to spend another holiday with their family,  
A breath of fresh air is just what people need,  
So just walk away.

Lauren Coles



PoemHunter.com

# Straight From The Heart

Times are tough,  
People might not to be happy around the world,  
People may be discouraged by the news of their family having cancer,  
The best gift is your decision to donate your hair,  
Santa doesn't care about the cost of the gift but the thought,

Lauren Coles



PoemHunter.com

# Reindeer Game

Games are fun to play,  
Reindeer might be good at hockey and look good in a helmet,  
Reindeer can bob for apples,  
They have to make sure not to get their antlers wet,  
Pie in the face might be a favorite,  
What do all these games have in common,  
Reindeer can win a trophy in the first ever reindeer games.

Lauren Coles



PoemHunter.com

# Cold Night Without You

Please pardon my French,  
The bed is literally empty without you,  
I heard you in my head,  
Get out,  
I can't wait to be stuck in bed with you,  
But a hot chocolate will have to do for now,

Lauren Coles



PoemHunter.com

# Surprise

Holidays are hard for everybody but especially when you're in a military family,  
You can only talk to them around certain times of the year,  
Talking to them can help get their attention on other things besides the military,  
But you may be wondering why they have subjects off limits,  
War is not a movie sometimes,  
We need to pray for our country in order for them to come back safe.

Lauren Coles



PoemHunter.com

# A Hoot And A Holler

People can't understand how birds communicate,  
Winter is coming,  
Kids learn that birds migrate in school,  
Mothers bare the long winter sitting on their eggs,  
If only birds had phones to call each other,  
This question will have to wait until spring.

Lauren Coles



PoemHunter.com

# Don't Jump

People feel different things in life,  
People may not have food in the house,  
People want to be in love but the connection between the two people isn't there,  
People might lose interest in life and it's our youth that suffers the most,  
People exit the world too soon,  
But you need to learn how find happiness in yourself,  
Writing is my friend and it can be yours too.

Lauren Coles



PoemHunter.com

# Glitter And Ice

Snow is coming,  
Kids don't want to go outside unless it's a persistent temperature,  
You can't eat snow but you can look at it,  
Wear things to keep you warm,  
The snow shines like the stars,  
But it can't be here forever.

Lauren Coles



PoemHunter.com

# Fancy Meeting You Here

You spend hours getting ready in front of mirror dabbing you face with makeup,  
You have butterflies in your stomach,  
You won't get dressed up like this again unless you find that special person,  
You wish that you could be normal for once and your life,  
You just wake up and walk,  
But you are disappointed when your date changes plans and you think that they  
ruined your plans,  
You can go write about it and heal yourself from a broken heart,  
Little do you know that it is raining on your parade but the words of your poem  
make a new guy appear,  
He loves you for you and you can bounce ideas off of him.

Lauren Coles



PoemHunter.com

# Mushroom Soup

Our brains are only capable of processing information that we need to be  
successful in life,  
We don't think the same.  
Our brains develop like movies of our upbringing,  
Our brains can't comprehend anything under the influence of something that kills  
the mind,  
People don't use the resources to help blossom themselves and people who are  
around them,  
A teacher's job is to teach the students under the perimeter of the school  
building,  
Good moral conduct comes from giving to others and reading.  
We can't solve all the problems of the world but building perimeters around  
negative people,  
Bitter people leave a bad taste in your mouth,  
People don't know what love is unless they receive a gift from a stranger.  
Bitter people are  
likely to be selfish and think of themselves than others,  
It is better to give then receive.

Lauren Coles



PoemHunter.com

# Dinosaur Slide

Parks are a fun place to play,  
But play grounds need to get equipment,  
Slides are shaped like just about anything,  
When kids first get to the park they run to the slide,  
But when they get on it they get a surprise,  
A dinosaur slide comes alive,  
A parent hoists their child on the slide,  
Kids have to be brave enough to slide down because their tail are so long,  
They won't want to go because they want to go on it again and again.

Lauren Coles



PoemHunter.com

# Mouse Trap

"What is this and why won't it let me out, " a mouse might say,  
Humans are the bad guys here,  
Humans might get on bended knee waiting for you to fall for their trick,  
They know you too well,  
You see your favorite snack and think you won't get hurt,  
Humans are wheeling you in,  
The trick is really a jail cell,  
Let's just say that your fate is not good.

Lauren Coles



PoemHunter.com

# Underdogs

Football is my favorite team sport,  
There's no team without the players,  
You need someone to push you to your limits,  
High school football is literally learning the game it's self,  
The companies need to make helmets more sustainable because it's young  
people who suffer,  
Parents say they don't want them to play sports but how do parents think that  
their kids suppose to be smart and safe,  
Two players go head to head,  
On the snap players sometimes drop the ball in the mud because it's too  
slippery,  
Coaches should pat their players on the back for effort since most players don't  
get support from their parents,  
Players should walk on the field with a smile on their face and walk off the field  
with a smile,  
Thanks goodness for game footage showing their mistakes,  
It's the lessons they learn from each other that makes them underdogs.

Lauren Coles



PoemHunter.com

# Centerpieces

The holidays are the perfect time to celebrate with your friends and family,  
The kids don't have school,  
They might be sitting at home twiddling their thumbs and driving you crazy,  
They might be bouncing around on the bed while you're trying to get it ready for relatives,  
The kitchen might be off limits because kids don't know that they can't mess with the oven because it's hot because it's cooking the food that you are going to eat,  
But if your kids won't start bugging you there's one thing that they can do to help you,  
Centerpieces that are homemade are better than anything store bought because they can be used over and over again.

Lauren Coles



PoemHunter.com

# Goodbye

Kids grow up fast,  
But what if your dog was like a baby,  
You have to clean up messes after they go to the bathroom,  
You sneak midnight snacks to your dog,  
You get mad at them when they disobey the rules,  
But what if a trainer and you have to say goodbye to a dog that you brought  
home and introduced them to your family,  
Dogs aren't going to be puppies forever,  
But what if they can help someone who doesn't use of their hands,  
Just knowing that you gave them love and taught them to help someone means  
allowing them to go off leash.

Lauren Coles



PoemHunter.com

# Room Service

I'm not hungry for dinner but I'm hungry for love,  
We meet people everyday in passing through the day,  
The bedroom isn't the place to be when the kids come home from school or their  
other activities,  
We need to find a place to unpack the day while you kiss me,  
A hotel room is definitely the place for us,  
Chocolate and candy,  
A nice cozy blanket,  
I hope the bill won't skyrocket because it's going to be high for how much I love  
you.

Lauren Coles



PoemHunter.com

# Why Is My Book Bag So Heavy

Book bags are essential for school,  
I don't care what grade you're in,  
The key to success is a well balanced breakfast so that every person can  
concentrate on their work,  
But too many kids come with their tummies growling like a bear,  
Kids hold their secrets inside,  
They don't think that teachers care about problems that their students face  
outside of school,  
Hunger is a serious problem that doesn't have a crucial role in society,  
Kids might get upset when the end of the week comes because food isn't  
available,  
Parents have to decide whether their kids are important enough counselors want  
to help their kids get back on their feet,  
Other kids may take advantage of free food so they have lists that they keep top  
secret,  
Schools have competitions to see how much food they can bring in,  
If everyone works together they can feed an army.

Lauren Coles



PoemHunter.com

# Wedding Planner

A lot goes into a wedding,  
People don't think a year is that long,  
Young people are living in the moment,  
They have to pick out a location,  
Some people want to get married in a church as usual but others want to get  
married on a golf course,  
The wedding planner can help people plan out the menu,  
Shrimp and chicken tenders are a good combo for this fantasy,  
The first dance would be marry me by train,  
That song won't leave a dry eye in the house when the groom puts that magic  
ring on their soulmate's finger.

Lauren Coles



PoemHunter.com

# First Hand

People can't be at two places at once,  
That's literally impossible,  
You can't count the number of days you are going to be here,  
Nobody wants life to pause or end,  
We don't know why old people lose their memory,  
People might not remember why they started drinking and hanging around with  
the wrong people,  
People who really care about you don't want you to leave the world too soon,  
In my opinion angels are real,  
They could watch you in movies,  
People want to pull to the trigger too early but they might be too late to dream,  
I'm writing this because I was in your position,  
Writing is so important but we don't all have the writing gene in our veins,  
As a volunteer with the elderly I knew that I didn't want to be around when  
people died  
So kudos to the strong people who do.

Lauren Coles



PoemHunter.com

# Stay With Me

Rules are made for a reason,  
I know that parents seem like a broken record but the world is à scary place  
now,  
Kids have short attention spans and they don't want to listen to the rules,  
The news is not meant to scare you but it is meant to inform people so that  
tragedy doesn't happen,  
People aren't always who they say they are,  
Parents get distracted when their phone rings and they step away for just a  
minute,  
It's a parent's worst nightmare to notice that their child is missing,  
It's a parent's responsibility to teach them not to talk to strangers,  
If you really need to talk to someone that badly you can always call them back at  
á another time or leave a message,  
Screaming will cause a scene so people will not get away with the crime that  
they are doing.,  
People should not give out too much information,  
Life is short for not creating positive memories.

Lauren Coles



PoemHunter.com

# Nose Bleed

Paper can't really bleed,  
Every one knows that,  
Some people's minds are like à runaway train,  
You can't get the words to stop coming,  
The words are like drills punching through the paper,  
All that people see is red,  
The words won't stop at least for me.

Lauren Coles



PoemHunter.com

# Change Up

Basketball is a fun sport to play,  
Basketballs get tried and deflect,  
The weather is changing fast,  
You don't want to wait for à air pump to bring the basketball back to life,  
You might have a apple tree in your backyard,  
You can climb up the tree to get some apples,  
Apples get bruised when they get thrown through the basket,  
They still taste like apples when rubber does not.

Lauren Coles



PoemHunter.com

# Bingo

Criminals try to cover up their tracks,  
Police stay busy trying to solve millions of crimes,  
People just want to turn off their televisions,  
Police can't arrest anyone without tips,  
Tips can be a description of clothing or what type of car they have,  
Tips might not seem much to you but it can mean the world to someone  
struggling to get to sleep at night,  
Real life isn't like the movies.

Lauren Coles



PoemHunter.com

# The Sleepy Indian

Kids are like Indians when they don't get enough sleep,  
Mouths open wide,  
Indians didn't have energy drinks to keep them away,  
Good thing energy drinks are bad for kids anyway,  
In today's world kids need to keep their eyes open for things askew,  
Indians had to be on their a game,  
Indians paid attention to their surroundings,  
Kids don't,  
Indians had horses to keep them awake,  
We can learn something from them even though they are dead.

Lauren Coles



PoemHunter.com

# The Sign Of The Times

Back when carriages were common men would treat women with respect by  
holding the door,  
Women would be forced to bow in the presence of a gentleman caller,  
Men would have to have wear wigs out in public,  
Girls would have to get good grades in school while the men were busting their  
humps working,  
Ladies were not allowed to snort tea at the table,  
The old days were a sign of respect.  
If only there was a way for people in this day and age to see what they are  
missing.

Lauren Coles



PoemHunter.com

# Midnight Writer

I'm not the kind of rider who takes care of horses,  
I'm a writer who takes her powers and tries to make the magic come alive.  
Coming up with characters can be a struggle,  
You don't want to repeat the same plots,  
That would be a waste of money,  
The same plot,  
I wish I could be a reader,  
When I go to bed the clock keeps ticking,  
I need to learn to let my brain sleep,  
Time to deflect my thoughts from the word pools,  
Because at midnight a new day begins with a clean slate.

Lauren Coles



PoemHunter.com

# Kiss Tick Tack Toe

You know what the objective of tick tack toe is,  
Two players play against each other to get three in a row,  
You are playing two games at once contraception and the game that you are  
playing right now,  
One move after another,  
Time is just ticking away,  
Hours will roll by,  
Of what the heck we both win,  
I can't resist you anymore.

Lauren Coles



PoemHunter.com

# Coon Skin Caps

Thanks goodness that soldiers nowadays don't have wear coon skin caps,  
Davey Crockett was one of the people who had to wear them,  
I feel sorry for the animals whose lives were cut short,  
Coon skins caps must have made people's heads itchy,  
Army helmets of today are more comfortable today,  
People can disinfect the animals to get rid of germs,  
It was a lot harder during Davey Crockett's time period,  
Coon skin caps are less common if only we could go back in time to spend a day  
in their shoes.

Lauren Coles



PoemHunter.com

# Hayride

Horses need exercise,  
Anytime of year is fine to ride a horse,  
But fall is a beautiful time to go for a ride,  
There's so many trails in this country,  
But horses don't go to pumpkin patches unless it's in the fall,  
People go to pumpkin patch's for horse rides but to get pumpkins of course,  
People don't always like the long walk carrying a large heavy pumpkin back to  
the main part of the orchard,  
You get the best of both worlds for the price of one.

Lauren Coles



PoemHunter.com

# September Winds

September is beautiful,  
Out with August,  
September is the first month of school,  
Familiar sounds like school buses are making their rounds,  
Summer colors are being replaced by fall colors,  
Kids are glad when they hear the sound of the school bell so they can go home to  
jump in the leave pile.

Lauren Coles



PoemHunter.com

# Save Room For Dessert

I'm tired of waiting,  
Get me the check,  
We can have dessert at home,  
We ride home in silence,  
The wheels are spinning around in my head about what I'll do with you in bed,  
Don't worry about turning on the light,  
I'm good for the night.

Lauren Coles



PoemHunter.com

# The Hills Are Alive With The Sound Of Nature(Inspired By The Sound Of Music

Every household has drama and you have to get out of the house,  
The mountains are beautiful  
So you ride up to them and see birds singing among the trees,  
You want to see them singing their favorite songs so you don't scare them away  
with your own.

Lauren Coles



PoemHunter.com

# Jack In The Box

Human beings are not the only ones who are scared of things,  
Pets are scared of things too,  
Their owner might be a little kid who has just received a jack in the box for their  
birthday,  
Jack in the boxes have moving parts,  
The parts are like magic making things pop out automatically,  
People can have heart attacks,  
But pets won't want to come around when little kids play with their toy,  
But how many times can they get surprised?

Lauren Coles



PoemHunter.com

# This Tastes Weird

Every couple is different,  
Some couples go golfing,  
People like music,  
But most couples go to the movies,  
The guys don't have a say in the matter,  
They want their loved one to be happy,  
They might go to pick out a ring with their friend,  
They hope that they will like it because it costs them an arm and a leg to afford something so beautiful,  
They won't even want to take it off except to shower,  
So that's why it's important to have a plus one to tag along,  
The night of your big announcement the guy might get cold feet because he doesn't want her to say no,  
The entire ride is quite,  
Guys always know how to be a gentleman by holding the door open for you,  
The smell of the popcorn puts your mind at ease and gives you an idea,  
As the lights go down your girlfriend turns to turn off her cellphone,  
There is nothing worse than adding your own when someone already gotten paid to make one,  
When they are not looking you hide the ring inside the box of buttery popcorn,  
Your girlfriend reaches into the box and nothing happens.  
But you have to make her really search for it because it is in the middle of the box,  
She's not expecting it and she coughs,  
Hanging from her teeth is a ring,  
This will be a story that she will remember forever,  
There's no wrong way or right way to ask a woman to marry you,  
Just as long as she says yes.

Lauren Coles

# Hot Dog

Hurting pets is a crime,  
One of the meanest jokes is when people say that they are going to cook their  
dog on the grill but not really,  
They might be trying to come up with a comparison between the food and their  
dog,  
Especially when they come from a different country,  
You have to set the record straight.

Lauren Coles



PoemHunter.com

# Why Can't I Stop Crying

Food doesn't make us cry,  
People are often wrong,  
Onions are the only food that can make you cry,  
You don't have to be around them for too long,  
Your eyes will flow like a waterfall,  
Tissues will come in handy,  
I won't buying them any time soon.

Lauren Coles



PoemHunter.com

# Sandbox

Recess is a time for kids to play,  
But recess isn't fun for most kids,  
Bullying takes place on the playground,  
Teachers can't keep a eye on every child,  
The bully has a plan in mind,  
Say there are swings on the playground,  
The bully wants you to sit down so they can push on the swings,  
The bully starts to push on the swings slowly and then the momentum increases,

Then something out of a movie happens like something that á stunt double would do,  
You go flying and land on the ground,  
The ground tastes like a sandbox,  
You could cry but instead you get up and walk away.  
Violence instantly makes things worse and nobody wins.

Lauren Coles



PoemHunter.com

# A Personal Touch

A room is not a room unless everything is in it's place,  
A person walks into a room like a ghost because it's walls are naked,  
Dust covers the floor,  
People put houses up for sale for many different reasons,  
Maybe because the previous owner couldn't afford to live on their own anymore,  
Maybe the previous owner had to move because of a new job,  
Maybe someone lived in a apartment and couldn't have any pets,  
The walls are naked because they had to pack up all their stuff to make room for  
the new arrivals which is you,  
The house is yours now so you can do as you please,  
You might be á artist and maybe want to make the upstairs into a studio for your  
art to live,  
Your house is where your imagination comes alive and when you go to bed at  
night your dreams come reality.

Lauren Coles



PoemHunter.com

# No Show

Sitting here waiting for hours,  
A total let down,  
Show a little bit of respect by calling and saying that you are going to be late,  
My mom has been working on my makeup for hours,  
She even bought me a fancy dress for the special occasion,  
I know you have a lot of things to do but I'm not sticking around for you  
anymore,  
It's just like putting on show and having no one showing up to buy tickets,  
I hope you meet someone that makes you feel like I'm feeling like now.

Lauren Coles



PoemHunter.com

# Reaching For The Stars As A Child

Bedtime sweet child,  
Lay down and rest your head,  
Kids are still too young to know what stars are,  
Mothers put something together to help them get to sleep,  
It spins around and circles,  
children have tiny hands to reach up and touch the sky,  
Don't worry about that now because they will learn about them in school one day.

Lauren Coles



PoemHunter.com

# Kissing Is The Meadows

The cows are found on the farm,  
But their mooing is a distraction,  
Mosquitoes bite at our ankles,  
But I don't care,  
My hands in your hair,  
Kissing you is what I want to do,  
But no kissing in the house,  
So the meadow is the best option.

Lauren Coles



PoemHunter.com

# Actors Actresses

It's hard to find good friends,  
People want to get something out of you and once they get it they disappear,  
It's like you aren't being seen for who you really are,  
If someone wants to be your friend they should should spend time in your shoes,

If someone wants to be friends with you then they will stand up for you and not  
walk by,  
You will lose some friends and wonder why,  
Don't be sad because it's their loss for not getting know the real you.

Lauren Coles



PoemHunter.com

# Paper Boats

Paper doesn't hold up well in water,  
Death isn't something to play around with,  
You might know someone who's ready to call it quits,  
Paper can be your friend in the darkest times,  
It is tired after it's long journey,  
It might be hard to read after being soaked by water but it is your choice,  
The paper is trying to tell you something before you exit the world and can  
return.

Lauren Coles



PoemHunter.com

# Hand Stands

Crabs are incredible creatures,  
Creatures can walk backwards,  
They love to have a audience,  
They are made for the stage,  
Get your tickets before they're sold out.

Lauren Coles



PoemHunter.com

## Now Playing

Little kids love to go to the movies,  
But you didn't have any idea that kids had a major role in the movie,  
Everything is fine until the lights go out.  
Kids might be kicking your seat,  
Kids whisper to their parents that they have to go to the bathroom,  
Kids are crying because they didn't get the candy they wanted,  
You might want a refund for the money you spent on the movie that you can't  
watch,  
People are probably going to be glad to see the movie in your own house.

Lauren Coles



PoemHunter.com

# Blueberry Season

Tissues are not your friend,  
Everyone walks a different path,  
People have to decide whether to stay in the rain storm or make happy music  
while they jump in the puddles,  
People might lose a job and they don't want to look to the next chapter of the  
unwritten story,  
People can't have it both ways  
People can't stop drinking unless you go to the meetings with complete  
strangers,  
You might feel particularly shy about starting something new with people that  
you don't know,  
Talking about feelings is better than letting the emotions control the rain storm  
that is coming down around you,  
You don't want to be the next headline that everyone else is talking about at  
school.  
Love the sun after a rainy day,  
Don't be afraid to ask the sun for help because it will make the blueberry season  
go away.

Lauren Coles



PoemHunter.com

# Fly On The Wall

A buzzing sound from the background might sound like a fly,  
But when someone goes to kill the tiny insect you notice that it isn't a bug at all,  
Kids play with drones every day,  
Drones have á importance job to do,  
Kids think they can't solve problems like grownups do,  
But the fly is a camera can help catch the attention of the criminal.  
They may be convinced that it is a fly too,  
Little do they know that they are not your friend,  
It can only land you in your new natural habitat and surroundings of four walls,  
You never know you may get time for good behavior depending what the fly  
sees.

Lauren Coles



PoemHunter.com

# Athena Goddess Of Wisdom We Need You Now More Than Ever

The world is changing so fast,  
Where's the proof of your love,  
If only you were real and not made up,  
You probably would put a arm around everyone you would meet,  
It is hard to trust people,  
Technology wasn't invented in your time period,  
I wish people could've seen how hard you worked for what you had,  
You probably didn't have much,  
You probably didn't get a lot of thank you cards but I am writing you one,  
All of America can learn about giving away free acts of kindness,  
They could hold a door for someone,  
They can sit with a kid who is getting bullied,  
You can read to the elders,  
You can help kids with cancer by donating your hair,  
The list goes on and on,  
With a single action won't change anything but several huge changes will help  
make huge strides in the future if we all come together as one.

Lauren Coles

# Robin Hood From Boy To Man

Not everyone is cut out for the army,  
Men have to grow up fast,  
They have to see things that they don't want to see,  
The images may wake them up at night,  
Soldiers can't let too much information out,  
It takes guts to be brave,  
Some people will be remembered as heroes,  
These heroes have to be taught how to be heroes.

Lauren Coles



PoemHunter.com

# Fresh Eyes

People are their own person,  
Movies have ratings,  
But books don't,  
People just flip though the pages,  
I have no clue what I'm getting into,  
I have to listen books on type,  
I put the book in my player and it seemed like cussing is all that you hear,  
I want a break,  
Join me on my mission,  
Popularity isn't everything.

Lauren Coles



PoemHunter.com

# Not In The Script

People are their own person,  
Movies have ratings,  
But books don't,  
People just flip though the pages,  
I have no clue what I'm getting into,  
I have to listen books on type,  
I put the book in my player and it seemed like cussing is all that you hear,  
I want a break,  
Join me on my mission,  
Popularity isn't everything.

Lauren Coles



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# Take Me With You

I'm holding on for dear life,  
I just sit here in my chair flying a kite,  
People get to run around,  
I just want to feel the wind in my face and hair,  
I'm flying a kite shaped like a butterfly,  
Just for a moment I want to have the freedom that a butterfly has,  
You don't know what you have until it is gone.  
But I have been this way all my life.

Lauren Coles



PoemHunter.com

# Please Don't Touch Me There 18+

I don't know what people are thinking when they enter their personal space,  
It's their own space,  
Kids get embarrassed when they have their teachers questions about their marks  
on their body,  
It's better to be honest,  
It not your fault,  
You have to zip up your mouth shut because the abuser told you not to say  
anything,  
You don't have to stay silent,  
You are the boss of your body,  
It's a lesson that the abuser will have to learn the hard way,  
If you are out of the picture then it is the best option.

Lauren Coles



PoemHunter.com

# Me, Myself And I

Me, myself and I,  
Me, me, all the time,  
Kids aren't taught to give back,  
I got news for you the world doesn't care how much stuff that you have,  
Does the news drive you crazy hearing about the world going downhill,  
It seems like everywhere you look you see something is coming unraveled in  
society,  
Change doesn't exist with just one person doing all the work,  
Stuff doesn't matter people do,  
If you are stuck in a place where you don't think anyone knows what you are  
going through,  
It might be painful to talk about but down the road you'll find peace helping  
others through the pain that you faced once upon a time.

Lauren Coles



PoemHunter.com

# If Humans Could Really Understand

A pod of dolphins are fascinating creatures to see,  
But humans don't know what they are saying,  
You come two different worlds,  
You just know that when they open their mouth beautiful sounds come out,  
You don't care what the song is about.

Lauren Coles



PoemHunter.com

# Hurry Up 18+

Love isn't perfect,  
People say that they are at work when they are not working at all,  
People don't think that their actions will affect their family members,  
You can't keep this up forever,  
Kids might ask why ins't daddy coming home?  
That is question that you have to think about,  
It takes two players in the game of life to make the household run smoothly,  
We must be role models so that they can't use our mistakes in their adult lives.

Lauren Coles



PoemHunter.com

# Chopsticks

Chopsticks are not easy to try,  
They would make a good instrument to bang on the table,  
Americans might get frustrated with it if the rice isn't staying on the utensil  
surface,  
Chinese might have trouble getting the hang of the fork,  
But it is all part of coming to a new country,  
You just need to keep on trying,  
It's a win win situation.

Lauren Coles



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# Calm Before The Storm

People are falling in love so much faster than they might have expected to,  
People don't think that the world that people say at the altar really applies to real life,  
People get lost in the moment of gazing into their partners eyes,  
In a blink of an eye you are not in the fantasy realm anymore,  
Right off the bat it seems like you are like sunshine and rainbows,  
You might have kids together down the road,  
But later on as the kids are getting into trouble you might have different ideas of what their punishment should be,  
He might want put his hands on them while you might want to tell them that they can't go to their friends house for the sleepover because they got a bad grade on their test or they might have bullied somebody and you have no choice but to take away their favorite video game or the keys to the car,  
Parents will regret that they punished them using violence because they might land themselves in somewhere that they don't want to be,  
Kids are taught by what they see and learn,  
Society teaches them how to talk with their fists rather than through self expression,  
The magic of digital communication and technology has become the big bad wolf and the foundation to the world's downfall.  
Teachers should not only be teaching them how to love and respect each other and how to give back,  
We have to learn how to trust each other and take breaks and improve on the problems that arise from the ashes.

Lauren Coles

# How Heavy Is The Earth When Are Pulling It Behind You

Imagine if you had to pull the entire earth behind you like you were walking a dog,  
It would be a lot of work but it has to be done,  
We were put on this earth to help others,  
Not just one person can help with every single problem in the world,  
It's a group effort,  
People don't want to get help for their mental illness because they are scared to look crazy to others,  
We have the same issues,  
The world is falling apart and falling flat on its face,  
What if the king's men didn't help Humphrey Dumpty he couldn't even get back together again and he couldn't have helped as many people,  
Love isn't about how many followers you have on social media or how much money you have,  
It's about learning to ask questions and asking for help and support in hard times,  
You might be asking yourself what can I take away from this,  
People don't like to forgive people for what they did and missed opportunities won't come around again,  
You don't know how that situation works in your favor,  
You might come across a win win situation,  
You have to give love first before you can get back in return,  
It's all about giving and taking,  
You have to say something about the situation before it's changed,  
No matter who is watching the world become better just because we did something to make a difference.

Lauren Coles

# Not A Exact Match

Movies are the best source of entertainment,  
People might like a specific actor or actress,  
Directors want to make a movie the way that they want to,  
Directors didn't write the book did they?  
Hollywood only cares about how much money they make,  
The author has a right to plan how the script turns out,  
The money shouldn't be the issue,  
The author should be the head honcho,  
It's their book,  
The author is the customer and if the customer isn't satisfied then you are not  
doing your job,  
The fans aspect it to follow the movie.

Lauren Coles



PoemHunter.com

# Is There Anybody Home

This world is so scary that you don't know who you can trust,  
People have to keep their eyes peeled,  
People have wires that are connected to the brain just like a car engine,  
People might get a job and lose it,  
People have to sometimes make sacrifices in order to help get their loved ones  
life back to normal,  
During the recovery process they might act like a baby,  
People might be scared to have guns in the house or the opposite,  
People have to lock up their valuables,  
People don't want to check them into a hospital because they think they are not  
a danger to society,  
Jail need to have creative workshops,  
Life is about trial and error,  
Just because you want to end your life doesn't mean your loved ones want you to  
die,  
You don't know how much you will regret.

Lauren Coles



PoemHunter.com

# To Be Or Not To Be) Inspired By William Shakspeare

Death is not easy to digest,  
People don't want to say goodbye to their loved ones,  
People might die tomorrow,  
You might have had fights with the person who is dying,  
People who are dying don't want to hurt you by saying they have limited time,  
People are in denial because they are not going to have their loved ones in their  
life for long,  
Keeping home movies helps them stay alive after they are gone,  
They might have been taught a hobby that they might have passed on to you,  
The nurses who are in charge of your loved ones care are experts in the end of  
life process,  
You may have to decide whether you want to be in the room with your loved one  
as they take their last breath,  
It's not a easy task to deal with death,  
Nurses don't get a proper thank you for their service,  
It might be more than a paycheck for some people but you don't know what the  
job involves,  
Nurses need to have the heart to serve on their day off.  
It takes courage and patience to do what they do.

Lauren Coles

# Mahican Exits From The World

Life has shattered so much that people don't know how to put up the pieces,  
Kids are pulled into a million of situations,  
Some situations are over their heads and they don't need to know about,  
People might pretend to be sick to dodge a problem at school,  
The anger roars through you like a bear,  
The walls are caving in,  
The wind is trying to blow you away from reality,  
Nothing seems to matter anymore,  
People might not have families to talk to,  
Teachers are paid for their work inside the classroom but they can listen and help  
outside the classroom,  
Parents make their decisions to cut their children out of the picture as they are  
not important,  
No one wants to see your name in the paper among the people who have  
perished from the world,  
You have so much left to do and learn about yourself,  
And if you leave the world without leaving something behind it'll be like you  
never existed at all,  
Your family will heal but the pain will never completely disappear.

Lauren Coles

# Underneath The Table

Pets live on food,  
We can't do without it,  
Dinner is a special treat for some dogs,  
Kids accidentally drop food on the floor,  
Every household has their own set of rules to implement in their home,  
Some people can care less about whether their pets get a nibble of something,  
It's a bad habit to start,  
People food can make your dog's stomach hurt,  
People might wonder why the bills are high for the vet,  
It's okay every once in awhile.

Lauren Coles



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# It'll Only Take A Minute Of Time

They might look like regular people on the street,  
People don't realize that people who serve are heroes because they don't have  
their uniform on,  
They risk their lives for others never knowing that it may be their last day of life,  
People don't say thank you to heroes,  
People take average of seeing their families while heroes can't watch their kids  
grow up,  
They can't touch their family though a computer screen or kiss them good night,  
Heroes don't interfere in a situation to be the villain but they just want to keep  
the community safe,  
Rules are meant for everyone to stay healthy and safe and help communities  
thrive,  
You can write a letter to a hero and pay for their meal,  
Repay the favor for all they've done for you,  
It may not seem like much but it'll mean everything to them.

Lauren Coles



PoemHunter.com

# A Good Narrator Voice

Reading is a good way to learn about the world around you,  
But what if you can't turn the pages of the book,  
Thank goodness for the creation of the books on tape,  
You think when a song comes on the radio you get excited,  
The media wants you to fall in love with the song,  
Every feeling comes out in the song,  
But a book is a little different,  
The studio has to audition lots of candidates in order for the characters fly off the page and into the hearts of fans,  
If the studio hires a actor who is annoying fans are likely to turn off and put the book to bed,  
Fans love to connect with what the characters are going through because of issues that they are dealing with in real life,  
The narrator's voice remains the reader of a family member,  
The reader doesn't care about the narrator's salary,  
They care more about how the narrator's voice sounds to help the novel flow smoothly like a river.

Lauren Coles



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# Elephant Scale

Do you wonder what happened to a elephant when gets on the scale,  
It doesn't bother them one bit that they break the scale,  
They are trying to accomplish the same goal as humans,  
It doesn't bother them to be stared at,  
You might lose some friends because of the weight issue,  
But they are not your real friends anymore if they choose to treat you that way,  
It's a long process in order to lose the weight,  
If elephants could talk they would say &quot;I got you if you have me,  
When the rain comes they would dry your tears,  
You think leaving the world behind because your weight won't hurt your loved  
ones,  
It does,  
Every day is a new beginning with new adventures to unpack.

Lauren Coles



PoemHunter.com

# Vampire In The Water

Stingrays are the deadliest creatures in the ocean,  
Not even animal expert Steve Erwin could've have predicted death by a stingray,  
People should be more aware about their surroundings,  
People come to the beach to have fun,  
Kids swim out to sea while parents witness their worst nightmare come true,  
Of course it could have easily happened to them,  
A kid's arm is the perfect bait for the vampire to sink its teeth into them by  
surprise,  
The vampire has sharp fangs,  
The vampire leaves a trail of blood behind.  
Humans die instantly as if they were struck by lightning,  
If you don't bother them they won't bother you.

Lauren Coles



PoemHunter.com

# Free For All In Hundred Acre Woods

Animals are food motivated,  
Parks and beaches are the best places for animals to get a surprise that is left  
behind by visitors,  
Animals have to hide out until the visitors leave,  
People disobey the rules when they see that nobody is looking they can slip food  
into the animal's enclosure,  
Imagine if the animals were robbers in your home you are trust passing in their  
territory,  
It is a very big clean up job for the zookeepers,  
You think food is hard to digest on humans stomachs animals aren't lucky,  
People don't put up signs up unless they have a really good reason to keep their  
visitors and their animals safe.

Lauren Coles



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# Would You Like Fries With That

People think they don't have to worry about the future and all our worries will be solved,  
You can be a lounge lizard and watch tv all day long,  
People might get bored having you around,  
Life is messy sometimes,  
Employers are putting advertisements in the paper but people are too lazy to look,  
Teenagers think parties are more important than studying and preparing for college,  
It is not until you are in a life changing situation that you start thinking do you really want to go around saying &quot;do you want fries with that&quot; for the rest of your life.

Lauren Coles



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# Catch And Release

Fish have it easy,  
Fish don't have to go to court for wrong doing,  
People just throw them back into their homes in the lake,  
Criminals don't have it so easy,  
Judges don't always take a case seriously,  
If we release criminals out on the streets they are a risk to society and go back  
to whatever they were doing before,  
Scientists have to do some more intensive research to determine what causes  
the brain to react violently,  
People are losing sleep over the zombies like creatures,  
Bad news is so yesterday but we have to get our news from somewhere.

Lauren Coles



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# Be Fearless

Life waits for no one,  
We can talk the talk versus walking the walk,  
Why live with fear,  
Things happen to people everyday,  
When you people "say you can't be fearless and show them that you  
can",  
If you lose out on a opportunity you might never get the opportunity again,  
People who have disabilities can still do things like waterskiing with adaptations,  
People are gifted with all kinds of abilities,  
You can invent something out of nothing if you put effort into it,  
If you leave this world early you will never know what could have been.  
You are never too old to dream.

Lauren Coles



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# Brave Souls

Hospitals are not the happiest places to be,  
Doctors may have to tell you news that you don't want to hear but it has to be said,  
You can try to block out the world,  
But death is a very difficult task to take on,  
You may not know the victim personally,  
The family might hire you to help them out with the end of life stage,  
You might be scared to see them go somewhere to escape until they are gone,  
The hospice worker has to go through training,  
It's a very stressful situation to be dealing for a client day in and day out.  
But it takes a brave person to be at a person's bedside as they take their last breath knowing that their family is outside their door waiting for some positive news that will never come.

Lauren Coles



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# The Student Has Surpassed The Teacher

With technology like it now I can't imagine what it will be like decades from now,  
Businesses need to have their customers in mind so they can understand what it  
is to be in their shoes,  
They are in it for the money but what if money wasn't a factor in the equation,  
Video games are hard for me to play because they are timed or moved so fast  
when you play with the hand controls,  
You don't want to lose a customer because you aren't giving them what they are  
asking for,  
Technology is improving but it still needs lots of work,  
So we need to get off our phones and start working on how we can help people  
come equipped to help create a better world is a team effort and it doesn't  
happen overnight,  
You might have to study and research about the problem that you want to  
address,  
Small changes lead to bigger changes.

Lauren Coles



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# Chewing Monster

Summer days are hot,  
Time to get some yard work done,  
The grass looks like it needs a haircut,  
But you can't take it to a barber it's too long for that,  
So the barber will have to come to them,  
Time to fire up the lawn mower which sounds like a cat purring,  
Be careful you don't want anything to get stuck in its path.

Lauren Coles



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# Dandelion Magic

Summer is in full bloom,  
Kids are playing in the backyard,  
Kids are picking flowers,  
They say it's good luck to blow the petals off the stem that way your dreams will  
come true.

Lauren Coles



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# Mugshots

People don't want negative things to define them,  
But it can help police catch the criminal,  
A good description can help,  
They might be wearing a baseball cap,  
They might have a beard,  
How tall they are might be,  
Police need all the details they can get in order to bring them to justice.  
You can turn them in anonymously if you feel scared.

Lauren Coles



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# Fan Base

I'm not just writing to entertain you,  
I might not know your name or your story,  
But it doesn't matter to me,  
There's fewer stories that are hopeful these days,  
I might be in a wheelchair but I don't want that to be all that I'm known for,  
I want people to talk positive about me at my funeral,  
I want to show people what I can do rather than what I can't do,  
I want to give people a reason to get up in the morning,  
The things that I love to write about are morals in life that parents aren't  
teaching their kids what they need to learn,  
Lessons like giving back to your community,  
Lessons like tolerance,  
Lessons like believing in yourself even though people say you can't,  
We all can learn from each other and grow stronger through tragic experiences,  
I'm here for you and open the door to opportunities,  
No question is off limits.

Lauren Coles



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# The Buddy System

You have to watch your back,  
People aren't always who they say they are,  
You should have a buddy system,  
Walk close to your children,  
Give your kids a time to be home if they are out with friends,  
Have them come up with a password book while they are online,  
Meet their new friends at a public place,  
This will help crime go down.

Lauren Coles



PoemHunter.com

# A Raisin In The Sun

The sun is baking on everything and everyone,  
The sun helps things grow,  
The sun can sometimes be people's worst nightmare,  
People might not think that they be hurt by the sun's rays,  
While mowing the grass people might consider wearing long sleeves shirts,  
While people are working in the garden people should wear a visor,  
You don't want to look like a raisin in the sun do you?

Lauren Coles



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# The Jumping Roping Frogs

Kids want to stay inside but parents want them to go outside to play,  
Summer is only so long,  
Kids can play with their friends,  
You can hold onto one end and they can hold onto the other end,  
While you are holding on to the ropes you are in for a surprise,  
Two green frogs are jumping rope,  
Can frogs really do that?  
It must be my imagination,  
Frogs are known for catching flies,  
The world has to see this thank goodness for the internet.

Lauren Coles



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# Obviation Deck

Everyone has their share of problems to deal with,  
You can choose to steer the ship to shore or let the wind blow you away,  
We can persevere or dodge the obstacles that are thrown in front of you,  
It's time to stop and look through the window like you are on the ride with  
somebody,  
people should try being blindfolded for a day to see how it is not being able to  
see,  
we don't often see through the fog until somebody points out the missing pieces  
of the puzzle,  
you might not be good at writing but everybody is here for a reason and God  
gave you life to not burn out the light but to light the world with talents,  
God is not dead but He is alive in your soul,  
my writing is a testimony that all of us can be teachers in some shape or form  
regardless of your challenges.  
because seeing is believing.

Lauren Coles



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# Protective Arrows

We may think that weapons are a bad thing but not necessarily for animals,  
The animals use their weapons to attack whatever is scaring them,  
They can't fight back,  
Skunks lift their tails up to release a awful odor to warn their prey to back off.  
Porcupines react to their prey by releasing sharp things that are called quills that  
look like swords,  
They are sometimes hard and painful to remove from the skin,  
Squids spray black ink from their tentacles that looks like paint,  
People need to learn how to leave nature alone.

Lauren Coles



PoemHunter.com

# Caveman

People are like cave dwellers,  
They don't want to face their problems head on,  
Violence needs to stop now,  
Bad news is all you hear about,  
People need a pick me up,  
Just because you want to end your life doesn't mean you should end someone else's,  
Miracles can form from the darkness,  
Talk to someone who you trust because the world deserves to have you in it,  
No one wants the repercussions of your actions after you are gone.

Lauren Coles



PoemHunter.com

# Sound Waves Of War

There's nothing more satisfying than going on a walk on the beach,  
Hearing the seagulls squeak to each other while flying overhead,  
A picture of the ocean is the best escape from the everyday experience when  
coming from war,  
You can stick your toes in the sand and not have to worry about bombs crashing  
down,  
You can ride the waves that can make people uncomfortable and chase your  
doubts away,

Lauren Coles



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# One Stop Shop

Being in a band isn't just one's job,  
That's why teamwork matters,  
Every single person has a unique part to play,  
Someone has to play the drums,  
And the keyboard,  
And the guitar,  
You have to decide what type of music you want to play,  
These are the first steps to making a record.

Lauren Coles



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# What's Makes People A Good Reporter

Reporters have to lots of research,  
They don't want to tell people lies,  
They don't get a choice of what story they might get,  
They might have to take a record along in case they can't write it all down,  
The people who are reports alongside you can be like your second family.

Lauren Coles



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# The Stages Of Grief

Death is something that nobody likes talking about,  
You have to be strong when you work in the medical field,  
Death can be hard to deal with,  
But it'll happen to everyone,  
It's very important to identify the following types of of grief,  
Denial is where you think it isn't true that the person is really gone,  
Bargaining is where you want more time with the person,  
Acceptation is where you have to deal with reality,  
Once you accept that fact that they are not coming back you can honor them by  
letting balloons go or placing flowers on their grave.

Lauren Coles



PoemHunter.com

# Process Of Elimination

Detectives can't solve a mystery without the help of the police and the public,  
The public may be scared to come forward because the robbers may do  
something horrible,  
It is important to remember what the people who do a crime look like,  
Tips are important to track down the thief,  
Police sometimes get the wrong person for the crime,  
People can remain anonymous when they call for help,  
The people should see justice,  
Getting the thief behind bars can help people sleep better at night,  
We can't fight the battle by ourselves.

Lauren Coles



PoemHunter.com

# Won't Return

We think we have unlimited time on earth,  
But it doesn't work that way,  
When you walk out the door in the morning you might not come back home,  
It might be hard to get ahold of the family of the victim because they might be at  
work,  
You might think that it is a dream but when you open your eyes it's real,  
You have to come up with ways of breaking the heartbreaking news to kids,  
Everyone has to take time to heal,  
You can create a memory keepsake box to honor the person that is no longer  
here,  
They are always in your heart.

Lauren Coles



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# Unrecognizable

Years ago by,  
Family's might not get to see their loved ones because of wrong choices they  
have made,  
The choices might have consequences,  
Although they might have improved you can't go back in time,  
They might come home with a little more gray in their hair,  
You might have to throw away old habits,  
You might want to consider professional counseling,  
You don't want to miss out seeing your children grow up,  
Now is the perfect opportunity to make new memories.

Lauren Coles



PoemHunter.com

# Civilization

Warriors go above and beyond for our freedom,  
They see things that we can't even imagine,  
But what happens when they get home,  
You think how hard it is for a regular person to find a job,  
They might not get a chance to see their family,  
They have nothing to motivate them but photos,  
We need to keep our heroes in our hearts by writing letters,  
You can start a care package,  
You can help them find a job by word of mouth,  
If you have a interest in photography you can take a picture free of charge,  
They have paid their dues for serving their country,  
The last thing they need to worry about is how their life is going to turn out down  
the road.

Lauren Coles



PoemHunter.com

# All Work And No Play

When its quitting time and I hear the sound of the keys rattling in the door I  
know it's time to play,  
If I could walk I would leap into your arms,  
You would probably think of me all the way home and I'll do the same,  
Put away the stress of the day and focus on me,  
Kissing your lips is the best medicine,  
Can't wait to crawl in bed,  
And redo all this tomorrow

Lauren Coles



PoemHunter.com

# It's Something Even If It Doesn't Have A Name For It

There are millions of dioceses across America,  
Heath is a major issue that people don't take seriously,  
People pack on the pounds,  
People have PTSD,  
People have trouble with drugs and can't quit their bad habits,  
People have cancer and they don't have much to live,  
Researchers don't study the disease for nothing,  
It has a name for it,  
People need to be invested more time into finding critical information to  
understand what is happening in your body.

Lauren Coles



PoemHunter.com

# No Re-Entry

The world can be a cruel place,  
People might talk behind closed doors,  
People might tell that you are a nobody,  
You may decide to do something to take away your pain,  
There's only one you,  
The world will be lost without you.

Lauren Coles



PoemHunter.com

# Generosity Comes In Stages

Good deeds are hard to find,  
Especially in this day and age,  
People think that money make the world go round,  
Kindness can be simple gestures like holding the door open for someone,  
Kindness is helping someone cross the street,  
Kindness doesn't have to be what you have but what you can give,  
You may think that no one sees your good deeds but you have tune out the bad  
in order to see the good,  
If you do something productive and positive someone will return the favor.

Lauren Coles



PoemHunter.com

# No Telling What Is Going To Happen

Forecasters don't always know what to expect,  
The weather can be fine and turn a monster the next,  
When it rains it pours,  
It's their job to keep us informed,  
They don't have to see into the future,  
It's coming wheather we like it or not.

Lauren Coles



PoemHunter.com

## Plan B

People don't take their education seriously,  
They sleep in class,  
People get mixed up in the wrong crowd,  
People get so lost that they can't even see what's happening right in front them,  
People might drop out of school,  
Some people might be the opposite,  
People might be a teacher or later they might decide to back from a different  
career,  
People might have to decide whether they keep their baby or give them for  
adoption,  
It's is a good idea to have a backup plan incase something happens later down  
the road.

Lauren Coles



PoemHunter.com

# Don't Make Promises That You Can't Keep

People don't always keep their promises,  
People might not show up when they say that they are,  
That's really tough on a child,  
They may be upset that you didn't see them in the play at school,  
You might be the reason that your baseball team lost,  
You might think that you caused your parents to split up,  
Some people don't connect,  
Today may be the perfect day to patch up old wounds.

Lauren Coles



PoemHunter.com

# Setting The Table For God

What if had a unexpected dinner guest,  
Some people wouldn't believe you,  
But their opinion don't matter,  
You might be scared,  
But when the door bell rings you stand in awe,  
God stands with arms open wide ready to be welcomed in your house,  
You don't have to know what His favorite food is you are just glad He's here,  
Obstacles in your life might be weighing the family down,  
He's a open source of information,  
He won't judge you for your mistakes that you made in the past,  
He's going to be your bodyguard forever in Heaven

Lauren Coles



PoemHunter.com

# Another Woman's Husband

I don't blame you for what I'm saying here and now,  
I'll be terrorized by the fact that you are with her and not with me,  
I find myself writing poetry about you,  
I can't help it,  
I'm on dating sites to try to get over you,  
It's easy for people to move on but for me it's not.

Lauren Coles



PoemHunter.com

# Let Them Fly

Words are like kite strings,  
Ideas, soaring high on the page,  
You have to hold them tight against the wind so they don't escape you,  
You want to make them stick,  
You may not want to indulge your private thoughts to the world,  
But words are better out than in.

Lauren Coles



PoemHunter.com

# What's Wrong With My Baby

I wished I could've been in the room when the doctor told you that I would never walk,  
That's a parents worst nightmare,  
Imagine when your baby is born you can't even hold them,  
A million questions start to come to mind,  
Is my child going to die? ,  
You must have had to find faith to get through the days of doubt,  
You must have wanted to go to counseling but you chose not to,  
The best way to heal faster is to share what you are experiencing with others who are experiencing the same thing that you are,  
You had god on your side,  
To this day you are rolling with the punches.

Lauren Coles



PoemHunter.com

# Stark Naked

Fantastic image of you pulling back the curtain,  
Steam coming from the room,  
You start to shake the water off from your hair like a dog coming in the rain,  
I want to hear you grunt when you wash your goodies in the downstairs area,  
I can't control myself,  
The moment that the clothes hit the ground I can't stop smiling,  
You in all your glory.

Lauren Coles



PoemHunter.com

# Sunset Tattoo

Pink orange, red,  
These are the colors that make up the sky,  
People can watch the sky for hours,  
God does a good job of painting the sky,  
After a rainy day á sunset can tattoo the sky for all to see.

Lauren Coles



PoemHunter.com

# The Sign That The Times Are Changing

A lot has changed,  
Factory's are making more technology available,  
People use to talk face to face,  
Screens take over our lives,  
Paper is going out of style,  
Books can be heard in the car on the way to work,  
Voice recognition can help turn off the lights or the television,  
For people like me technology is a key component to independence,  
Thanks goodness for the inventors who create and for those who are afraid to  
make their ideas known,  
There is hope out there a idea can bloom at anytime,  
Inspiration is like a puzzle waiting to be solved and put together.

Lauren Coles



PoemHunter.com

# Signed Sealed Delivered

People think being famous is cool but it's not really all cracked up to be,  
You don't get any privacy,  
Every single person in the world knows your name,  
You can't go anywhere,  
Spy's follow your every move,  
You might get a record deal and you might not get any input on the style of  
music you want on the album,  
A normal life is tossed out the window,  
Don't get caught up in the moment and just be you.

Lauren Coles



PoemHunter.com

# Standing Room Only

A funeral isn't a fun thing to go to,  
There's tons of people lining the walls,  
You might have not known this person very well or they might have been a best friend,  
You shouldn't remember the sad times,  
Life is a celebration of the person,  
What he or she brought to life,  
You may make a tribute by set off balloons,  
Every single one of us grieves in different ways.  
It's part of the process of healing,  
The person may be gone but we will reunite with them again in the clouds.

Lauren Coles



PoemHunter.com

# Put First Things First

Drugs are demons,  
They control your life,  
Your friends may feel like you don't have enough time for them,  
You might have picked up the nasty habit from a family member,  
It is hard to focus on school if you are unable to see the goal ahead,  
You may consider taking up a few hobbies like volunteering or art or sports,  
Show them who's boss,  
It's not easy,  
Just because everyone else is doing it doesn't mean you have to.

Lauren Coles



PoemHunter.com

# The Royal Treatment

Tossing and turning in my sleep,  
I wake up in a cold sweat,  
Kissing my pillow but wishing it was you,  
I want to have kids with you but you are married,  
You walking in and kissing me on the lips,  
I must be dreaming because I transformed back into reality by a pinch,  
Get out of my head,  
Maybe I'll finally get some sleep tonight.

Lauren Coles



PoemHunter.com

# In The Company Of Nature

Nature has a charm of peace that it brings to the world,  
Sounds of flowing waterfalls,  
Kids running around with friends in the park,  
Birds singing to each other,  
Squirrels are collecting their nuts,  
Spring is the perfect time to take the dogs out to the park,  
Couples can have picnics,  
Nature can be the best place to get inspiration for poetry,  
Bunnies hop about,  
People can get ice cream,  
People can swing,  
Nature is the prettiest thing on the face of the earth.

Lauren Coles



PoemHunter.com

# You Can't Get Anywhere In Life By Quitting

You can't learn anything by not showing up,  
You can't win anything by quitting,  
You might think that going to school is pointless,  
Sure the homework is not the funniest thing to do,  
Hope is disguised in every aspect of life,  
You can't learn anything without first showing up,  
Fear is a coward who you have to stare down,  
You might lose and you might win,  
People might tell you that you are not good enough but that is their opinion,  
Kids would rather play video games than read books,  
Knowledge will help you later on,  
You can always make a difference by the more you know.  
You exist in the world by breaking down barriers and creating change for a better future.

Lauren Coles



PoemHunter.com

# That Mean Old Wolf

People don't know when to quit,  
People want to be in everyone else's business,  
When the time is right the person might open up and tell you what is going on,  
People need space to heal but outsiders don't want to listen and they force their way in,  
There are many wolves in the world,  
How would you like it if the roles were reversed?  
Kindness brings out the sunshine.

Lauren Coles



PoemHunter.com

# Nowhere To Run

I don't know reader what you are going through,  
You are crying,  
Your pain is weighing heavily on you,  
You have no place to go,  
But please do something creative like art,  
Keep a journal and write even if you are not in the mood,  
Trust me you don't have to share it now but later on you might want to help a  
complete stranger,  
Teachers should teach classes on self care,  
It can help the death toll go down.

Lauren Coles



PoemHunter.com

# Visiting Day

When you go see your loved ones in prison do they seem older than the last time  
that you saw them,  
They might have had a lot of things to learn behind bars,  
As a kid you might won their battles for them,  
But sometimes they have to learn the lessons the hard way,  
They most difficult part is when kids are involved because they may ask why  
they are not around.  
You have to make up excuses,  
When the time is right you can decide if your child is mature enough,  
But now you will have to wish for a miracle that they can get their life back  
together and on the right track.

Lauren Coles



PoemHunter.com

# Pinocchio's Lies

Lies are never a good thing,  
Lies can get you in some hot water,  
Social Media is a good place to connect with friends but only if you use it properly,  
Spreading rumors can sometimes spread some misinformation and kids play sick from school to get away from it all,  
Lies grow bigger every day you go along with it,  
Laughing at someone else's demise leads to their downfall,  
Kids are afraid to say anything because they are scared,  
Be the bigger person and back away from a situation where a fight can ensue.  
A person with a disability might not be able to defend themselves,  
People have broken hearts and they have nowhere to hide,  
God put us on the same planet to help each other learn and grow,  
No one's perfect,  
Kids want to exit the world too early,  
Acceptation should be taught in schools since kids aren't learning it at home.

Lauren Coles



PoemHunter.com

# Wow Factor

Beauty isn't everything,  
People just see people for what is on the inside,  
Time to get out of your comfort zone,  
You might meet someone who just moved here and works at the local newspaper  
and is in a wheelchair,  
You might be impressed by the way someone walks or bats their eyes at you,  
You can love a person with your whole heart for the people that are and what  
they bring to the table,  
It's time to pull back the curtain on diversity and inclusion and show the world  
what you can do instead of focusing on your limitations.  
So what if I can't tuck in my future child I can have help,  
I can make them feel like they're are loved,  
I want them to know that they are loved by God,  
If they have a problem with their homework I'll help them with it and listen to  
them.  
We can see the wow factor in every one if we look beyond the dark.

Lauren Coles



PoemHunter.com

# You Can't Pull My Strings That Easy

People just judge a book by it's cover,  
People just use people to get what they want,  
People don't want to get to know somebody for who they are on the inside,  
But I will tell you right now that I don't play that game,  
I want to be loved for all the right reasons,  
I want to think about you when we are apart,  
I know that you will have to take care of me,  
I'll write all the love poems,  
I can't make you love me,  
The right person will make their appearance at the right moment in time.

Lauren Coles



PoemHunter.com

# Smooth Sailing Or Not

Marriage is not always what it turns out to be,  
Couples fight all the time,  
Broken marriages don't just affect the couples they affect kids,  
Kids think that they are the reason why their parents are not together,  
They think just because they get a bad grade on a test they don't love them,  
It's not your responsibility to look after your parents,  
Let people solve their problems,  
Kids should focus on being kids.  
Kids will experience the adult world down the road.

Lauren Coles



PoemHunter.com

# Recipe For Love

There are many different kinds of food recipes,  
But what about for love,  
A dose of compassion,  
What does compassion taste like,  
Compassion is understanding other people's emotions and feelings,  
What does courage taste like,  
Courage is being strong in dark times and finding other avenues of solving  
problems,  
What does faith taste like,  
Faith is jumping over obstacles when there is nothing to be seen,  
What does forgiveness taste like,  
To say sorry or to mend broken relationships when salt gets into the wound,  
What does kindness taste like,  
When you do something out of the ordinary or the kindness of your heart,  
When mixed up together you can find your soul mate.

Lauren Coles



PoemHunter.com

# Watching Like A Hawk

Society is not like it used to be,  
People have to go to sleep with one eye open,  
Parents need to keep their eyes on their kids,  
They might turn their back for one minute and then they don't know if they are  
going to get to tuck them into bed at night,  
It's a parent's worst nightmare,  
That's why it's important to have a buddy system.  
Kids hate curfews but it's a safety issue,  
In these desperate times calls for desperate measures.

Lauren Coles



PoemHunter.com

# Going Fishing For Love

I don't care what I catch,  
I need to catch someone who respects my wants and needs,  
I'm done playing this game of waiting,  
I'm not playing the fake love game,  
I'm all in,  
Just read my poetry to get to know me.

Lauren Coles



PoemHunter.com

# Ending

No one is here forever,  
Hospice workers have to be strong,  
It's not easy for parents to make decisions about how they should handle  
children when the time comes to say goodbye,  
Especially when they are young and unable to understand,  
Oxygen tubes are not a good sign,  
Someone with cancer might not have too much time to live,  
Hospice workers have to go into intensive training,  
They might be holding someone's hand while they are passing away,  
Nurses are special people to help in this situation,  
Thanks to everyone who has helped provide comfort in the aftermath of death.

Lauren Coles



PoemHunter.com

# Butterflies And Rainbows

What do butterflies and rainbows have in common?

Butterflies and rainbows are colorful,

Butterflies are a symbol of hope,

Rainbows start by hiding the rain but it can show the hope that is on the horizon  
but only if you let it,

Rainbows can guide you while butterflies can help you fly,

Rainbows can help you smile after tragedy strikes,

Hope is hard to find but butterflies and rainbows are a perfect example,

Lauren Coles



PoemHunter.com

# Late Bloomers

People don't always know what they want to do with their lives,  
Parents don't teach about hard work,  
People get mixed up with the wrong crowd,  
Young people don't have safe spaces to go after school,  
Adults need to a active role in their children's lives,  
Building guidelines for children starts at home.

Lauren Coles



PoemHunter.com

# A Breath Of Fresh Air

Life can be hectic sometimes,  
You don't care where it takes you,  
You just need to get away,  
You might want to climb up a mountain,  
You can yell at the top of your lungs and you don't care who hears,  
In nature you can observe the sounds of animals,  
You could sketch the outlines of trees,  
You can skip rocks,  
Anger has no place in this world.

Lauren Coles



PoemHunter.com

# Always Say I Love You

People have stressful jobs and they don't always get a proper thank you,  
People put their own lives at risk every day,  
Police don't know how the criminals are going to react,  
People might die from drug overdoses,  
Kids think drugs are fun and games until something serious happens,  
Bullying takes a toll on a person,  
People might be disappointed to hear that someone took their own life,  
We often say things that we can't take back later,  
You don't want the final words that you say to someone was I hate you,  
You don't want to live with regrets.

Lauren Coles



PoemHunter.com

# Brain Food

Video games are a kids best friend,  
It's like pulling teeth to drag little kids away from their devices,  
Kids don't like school because they think it's a waste of time,  
I really like reading,  
Reading takes me to a whole new world,  
You can see how other people live on the other side of the world,  
You can also learn about disabilities,  
Some people don't know what they want to do with their lives,  
But expanding their minds and eating up knowledge can rocket you up to the big leagues,  
Doing drugs will mess with your brain and play games with you.  
Reading books can lead to open doors to help people,  
I want to help someone come out the other side by providing them with a safe place,  
Thanks to everyone who helped our kids learn and grow.

Lauren Coles



PoemHunter.com

# Intervention

Mental illness is hard to detect,  
People might seem fine on the outside,  
But people might be suffering from the storms of life,  
People often don't know what resources are available because they are too lazy  
to look,  
People tend to take the easy way out and hurt people,  
The people that you hurt may have dreams and families,  
Drugs may be calling your name,  
They are ghosts that slowly suck the life out of you,  
Your family has to suffer,  
You can go to counseling and write down your feelings,  
Time behind bars will make you realize what's important in life,  
You have no do overs in this life so make you make the most of it.

Lauren Coles



PoemHunter.com

# Void

Sleepless nights,  
I want to know what it feels to be in a warm embrace,  
People say that they want to be friends but I want more,  
Right now my heart is empty,  
I can't wait for the day that my heart will be full and complete.

Lauren Coles



PoemHunter.com

# Leaving The Light On

People are crying out in pain,  
People don't know who they can trust,  
People hide secrets,  
There is someone who knows your story,  
That's God,  
I know what you are thinking why does God let bad things happen to good  
people,  
God wanted to see how you react to hardships,  
There's someone willing to help you,  
Go to a school counselor,  
You shouldn't be embarrassed to ask for food stamps,  
Mothers should consider a open adoption instead of á closing adoption to the  
baby will get to see their mother,  
God never judges you for what you have done in your past He teaches you how  
to build a better life for yourself,  
It's your choice to turn the lights on.

Lauren Coles



PoemHunter.com

# Out Of My League

I don't understand how people can be attracted to someone who has tattoos,  
Tattoos get infected and last forever,  
I feel that way about body piercings,  
Is it just to live up to a image,  
Sorry but that's not for me.

Lauren Coles



PoemHunter.com

# Would It Be Possible To Love Me And My Handicap

If we were together I couldn't imagine what it would be like for you,  
People would stare at us,  
Boys who I went to high school with say they just want to be in the friend zone  
and nothing more,  
They are scared,  
But if I wrote a book about my life would you read it,  
It sure it wouldn't be a waste of time,  
I wish that more people would appreciate people for who they are,  
People see the pretty artwork on the cover and don't read the end,  
Sure you will have to sacrifice nights out with the guys but that's what caregivers  
are for,  
I want the same things as you,  
I want to have kids,  
I can write for work,  
I want a man who loves God,  
I want a man who likes to give his soul to help others,  
Love means something different to many people,  
Some people might be born disabled or might get injured in an accident,  
If the person really cared about you they will drop friends,  
An act of true love will stand by you forever,  
But if they don't it's their choice.

Lauren Coles

# Hot Flashes

Most people love people for their body,  
I wish someone would see inner beauty,  
I would write all the poetry in the world for you,  
My words can start a fire that my body can't,  
I want to make you have hot flashes when you walk into a room,  
I want to melt your sad smile into a happy smile on a cloudy day by making you  
laugh,  
Sure making love will be different for me,  
But I don't care,  
Someone is just out there waiting for me,  
I'm tired,  
I wish people would stop playing games with my heart,  
I can't wait to give someone hot flashes and hopefully join me on my journey for  
social justice for anyone who has a disability.

Lauren Coles



PoemHunter.com

# Elevator Music

I have no love life,  
Just sitting here,  
Good elevator music would do the trick,  
To listen to while I wait.

Lauren Coles



PoemHunter.com

# Responsibility

People usually are glad to get out of the house when they're are 18,  
But 18 is just a number,  
18 should teach people what real freedom is like,  
People might make silly mistakes at 18,  
People might try to make you drink and drive,  
Drinking plays games with the mind,  
When you were a young kid you would have to worry about how you would pay  
the bills,  
Kids would learn not to be pregnant in high school,  
People want to go out on a Friday night but motherhood is calling,  
Being responsible is staying on the crime scene to help police,  
It helps that if you see something that you don't stay in the closet,  
Responsibility is finding a positive way to solve problems before they turn tragic,  
People want to help you just have to be in the right place at the right time.

Lauren Coles



PoemHunter.com

# My Lost Friend

You are now a angel up in Heaven,  
You are looking down on me every day,  
You never let your blindness stop you,  
You always inspire me,  
You had a hunger for reading,  
I miss you,  
You can see the things that had to be described to you.

Lauren Coles



PoemHunter.com

# Common Sense

People have things they need to do and they often get distracted,  
People might be driving while they are talking on their phones,  
That is a definite no,  
Most people leave dangerous stuff out for children to get into and then they get  
hurt,  
Put items out of reach,  
Always check dating websites to see who your kids are talking,  
People are not who they say they are,  
Always remember to walk with a buddy on a late night,  
Never drive your home if you have been drinking alcohol,  
Using common sense can help save lives instead of ending traumatically

Lauren Coles



PoemHunter.com

# Frosted Window Panes

A child is sitting by the window watching the snow fall down,  
The child gently pressed their face against the window,  
Their breath magically begins to fog up the view of the winter day outside,  
Children don't know better,  
Curiosity takes over.

Lauren Coles



PoemHunter.com

# The Verdict Is In

You think being on the witness stand for a crime is intimidating think of it was  
your writing,  
Sweat dripping down it's spine,  
You don't know how your readers will react to the story or poem,  
Sometimes when you first start to write something you need to get a fresh  
perspective,  
Your greatest critics will tell like it is,  
You might have toss the whole project in the trash or polish it off a little,  
You might have to send it out to many different places,  
Published authors don't get published the first time around,  
You might want to cry when the manuscript comes back tattooed in red ink,  
You think it's over and you might die,  
But making mistakes is a learning experience,  
Try it again,  
Hard work pays off in the end.

Lauren Coles



PoemHunter.com

# You Can Argue Until The Cows Come Home

We are all human,  
We don't see eye to eye,  
Disagreements happen in life,  
Feelings are boiling over in your head,  
People don't want to go see counsels,  
You might not want people to know what you're are going through,  
You might be a recovering alcoholic and you might not want to part with the  
temptation that you are throwing your life away on,  
People want to help you,  
You can make all the excuses that you want,  
You don't know what you have until it's gone,  
You just have to put in the effort to get back on track.

Lauren Coles



PoemHunter.com

# Just Dreaming

Every day I wish I could be in love,  
To plant tender kisses on your lips,  
I wish you weren't someone's else's property,  
I wish that I could get you in bed,  
But unfortunately my pillow will have to do,  
Because marriage isn't in the cards right now.

Lauren Coles



PoemHunter.com

# Getting Older

Being young is great and all,  
But someday we will be gray,  
When you are young you have a fresh mind to reflect and remember,  
When people walk into a room you might call them by the wrong name,  
It's sad to see them decline but getting older is something that we can't control.

Lauren Coles



PoemHunter.com

# Meeting My Creator

Days are numbered,  
Always remember to tell the people who you love how much you care about them,  
Do what you love often,  
God is making a place in His house.  
So until He calls you home He will guide you through life.

Lauren Coles



PoemHunter.com

# What The World Needs

The world is changing fast,  
Love is hard to find,  
People are greedy,  
Love is not always on display,  
Kids are the future and parents just don't care,  
Parents let kids go and play video games and not forcing them to read,  
You can't get a proper education when you are a couch potato,  
You can help someone fix their car,  
You can stay on the scene of a crime and don't argue and give tips to the police,  
Life is about knowing about what's important in life

Lauren Coles



PoemHunter.com

# Easy Way Out

The sunshine doesn't shine always,  
It can be easy to give up,  
You might think that people don't care about you,  
People are always around,  
You just have to be at the right place at the right time,  
Talk to a mister about your life or a teacher,  
What is the meaning of life if you never learn from your mistakes.

Lauren Coles



PoemHunter.com

# Feelings

Poetry is the greatest art form ever,  
Poetry has so much potential to inspire and heal broken hearts,  
You can discuss many important issues that matter to you,  
You can write about love,  
You can write about loss,  
You might be embarrassed to admit that you need help,  
Writing can be for your eyes for now but you can publish it later when the pain subsides.

Lauren Coles



PoemHunter.com

# Taking The R Word Out Of The Dictionary

Dumb, outcast, delusional,  
The words I hate to describe disabled people,  
People don't want them to be apart of society,  
People hide in the closet,  
People with disabilities have the same rights as abled bodied people,  
We have the same interests in movies,  
We listen to the same music,  
We like books,  
People are looking for acceptance,  
People often over look things and don't dig deeper to get to know them,  
Employers can't discriminate against anyone but unfortunately some people still do.  
If you are reading this imagine what it would be like to be in my shoes,  
Having someone help get dressed,  
Helping you get in and out of your chair,  
Inclusion is a the key for change,  
Respect is the word I want to see in the dictionary.

Lauren Coles



PoemHunter.com

# Thousands Of Journals Lying Around

When the weather takes a turn time to write.  
Time to open up the closet and put your mind to work,  
Imagination is anything to cook up,  
You might want to write about your grandfather,  
Poetry can describe something,  
So people hide it underneath the bed,  
So what is the point in sharing it,  
Writing is so therapeutic,  
It can good before you do something that you might regret later.

Lauren Coles



PoemHunter.com

# Gas Chambers

What bravely did it take for Elie Wiesel to come forward to speak up,  
They weren't expecting the treatment that they deserve,  
They had to obey orders or no food or water,  
Families were torn apart,  
People have to be strong to look fear and death in the eye,  
Who in the right mind would be so evil to not care about human beings.  
If it weren't for the journals that they kept we wouldn't know the history,

Lauren Coles



PoemHunter.com

# Get It On Paper

Words might come to you overnight,  
But you might lose the key,  
Words might float down the river,  
So grab a pen,  
Get it on paper,  
You might want to keep it to yourself,  
But you might be helping someone though a hard time.

Lauren Coles



PoemHunter.com

# A Long Sleep

Animals have to rest,  
They can't be on their feet all day,  
They don't have coats like humans do,  
Only fur,  
Until next spring.

Lauren Coles



PoemHunter.com

# Release

You are on my mind,  
I wish I could turn you off when I go to bed,  
When I hear your favorite music on the radio I want to sing along,  
You are my addition,  
I need to give you the freedom,  
Birthdays are the only times that I can talk to you,

Lauren Coles



PoemHunter.com

# Keys

I wish I knew what the keys meant on the keyboard,  
But I'm not a musical genius,  
Then what am I waiting for every day is a learning experience.

Lauren Coles



PoemHunter.com

# Creating My Own Happiness

Pain is getting to me,  
I don't want to fall in love over the computer,  
If only love is easy to find like it is in the movies,  
I wish people would read me like a book,  
Creating my own happiness will take some time.

Lauren Coles



PoemHunter.com

# Always Near

It's hard to believe in something that you can't see,  
I can't hold your hand but I know that you are near,  
I unusually am asking you to help me improve other's lives,  
I want to hear your thoughts on finding a sole mate.

Lauren Coles



PoemHunter.com

# Wheels

Wheels can spin in your head,  
A idea can spark from anywhere,  
The mind is a creative genius,  
If people don't know what the world needs there will not change.

Lauren Coles



PoemHunter.com

# Bad News Blues

Bad news blues  
Evil takes over,  
I blame social media,  
People copy what they see from Tv.

Lauren Coles



PoemHunter.com

# Pause Button

Life doesn't always play out like we want it to,  
People are afraid to ask for help,  
It's not until you experience hardship then you see the world with fresh eyes,  
Imagine if you couldn't walk,  
Families might be able to see each other one day and be gone the next,  
Be great full for each day,  
Because it can be your last.

Lauren Coles



PoemHunter.com

# Gentlemen Caller

Lonely nights crying myself to sleep,  
A aching heart yearning for something more,  
I hope that God will give me a sign,  
If only the stars would align,  
I'll be counting the stars.

Lauren Coles



PoemHunter.com