

There is Always a Place **by Sarah Nowell**

When you feel alone
Sad and afraid
There is always a place
That you feel safe in

When it's too loud and high
Or too quiet and low
There is always a place
That you can find peace

When there are people
New, scary, or even friendly
There is always a place
That people you love will be

When you feel quiet
Through your words and actions
There is always a place
Where you are loud and heard

When feelings overwhelm you
And make your thoughts feel crowded
There is always a place
Where the people that love you will support you

Because you are in your life
You should feel free to be yourself
And not anyone
Or anything
Should stop you from that

Home is where you feel safe
Where you feel that you belong
Where you can relax and
Be the person that you are