

Fox, Your Love Stays the Same

My Fox, you are kind.
You can overcome all.
No change can change that—
not the BIG or the small.

But the changes you face
can bring feelings about.
It can be exciting or hard
or fill you with doubt.

When things are certain
we know what to expect.
But then when they change
it can be hard to accept.

When the change happens
we feel it around.
Our bodies pick up on
new sights, feelings, and sounds.

The people nearby
may have big feelings, too.
It might make you wonder
“What should I do?”

Know in your heart
you are not to blame.
Even when you wish things
could just stay the same.

When new things are coming
I will tell you the truth.
I'll show you the way
that we can get through.

It may be DARK,
or it may be BRIGHT.
Through it, I'll love you
with all of my might.

All changes can seem
like quite an ordeal.
They can give a small fox
many feelings to feel.

You might feel confused
by the things that are new.
You might feel sadness or joy,
you might not feel like you.

“Can I make it change back?”
You may want to know,
But change is normal,
it's not your job to control.

When it's too much
for you to take on,
share your feelings with loved ones
until the big feelings are gone.

There will come a day
when it doesn't feel new.
When the change settles in
and you know what to do.

Mixed feelings are normal
to have at this time.
Try accepting them all
with a wide-open mind.

So no matter what changes
you might travel through,
one thing stays the same:
I'll always love you!

Repeat after me, my kind Fox and say
these words to remember that change is okay.

When change happens,
I know what to do.
I welcome my feelings
and trust I'll get through.