

Ibex Greet His Feelings

Ibex, my sweet
and sensitive dear,
you feel things so deeply,
I'm so glad you're here.

You let so much in
to your big open heart.
It's not easy to tell
all those feelings apart.

When you feel overwhelmed
or caught up in the breeze,
here's what you can do
to feel more at ease:

Take a moment to welcome
everything that you feel.
Each feeling's a gift
and has much to reveal.

Say hello to your Happy.
Feel that smile on your face?
Happy lets you know
you are in a good place.

Say hello to your Mad.
Feel that heat in your hands?
Mad lets you know
something is not how you
planned.

Say hello to your Sad.
Feel that tear in your eye?
Sad lets you know
you care enough to cry.

Say hello to your Scared.
Feel that chill on your crown?
Scared lets you know
how to stay safe and sound.

Say hello to your Silly.
Feel that buzz all about?
Silly lets you know
to get energy out!

All the things that you feel
help in their own way.
If you feel lost in the wind,
Ibex, that's okay!

Greeting feelings takes courage,
but you'll always get through...
So embrace how you feel
and learn something new!

Feelings can help us
explore what we know.
The more that we feel,
the stronger we grow.

Dear Ibex, repeat these words that are for
greeting your feelings to let your strengths soar.

I feel very deeply.
I'm brave and I'm strong.
When I welcome my feelings,
I can never go wrong.