

PM

1

# I Opened a Book

I opened a book and in I strode.  
Now nobody can find me.  
I've left my chair, my house, my road,  
My town and my world behind me.

I'm wearing the cloak, I've slipped on the ring,  
I've swallowed the magic potion.  
I've fought with a dragon, dined with a king  
And dived in a bottomless ocean.

I opened a book and made some friends.  
I shared their tears and laughter  
And followed their road with its bumps and bends  
To the happily ever after.

I finished my book and out I came.  
The cloak can no longer hide me.  
My chair and my house are just the same,  
But I have a book inside me.



PM

2

# SLEEP

Sleep is lying down  
in bed, resting your head  
on a cool pillow.

Sleep is snuggling  
down deep into soft warm  
sheets at the end of the day.

Sleep is relaxing in  
peace and quiet after a  
stressful day.

Sleep is closing your  
eyes and dreaming, dreaming  
of tomorrow.



PLM

3

# Laughing and Crying

Laughter cracks a hardened world  
And lets the lightness in,  
Freeing souls a little bit  
From the troubles they are in.

Tears wash away the world's grime,  
The gift of sorrow's clouds—  
If not for such a precious gift  
They should hardly be allowed.

Laughter cracks a hardened world,  
Tears wash away the grime—  
Blessed are those lucky souls  
Who've both at the same time.

PLM

4