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***The Harmony Day poem***

***By Rawle James***

We are high 5'in

fist bumping

high 10 for harmony day

But harmony day is not just one day

Its spirit lives 365

Harmony is how we choose to live with each other

Harmony isn't being colour blind

it's being humanity sighted

Harmony is looking out for your friends and for those you barely know

Harmony is using words that inspire and uplift not tear down or ridicule

Harmony is choosing to be of service in your class, school and community

It is helping others in achieving their goals and dreams

Harmony is supporting others with their abilities knowing it does not take away from your

Harmony is knowing it’s okay to cry or its okay when others cry

It’s the smile you have for your friends or those you don’t know well

for it comes from your heart

Harmony is saying hello to the kid you normally don’t talk with

It's reaching out to the student that feels left out

Harmony is standing up with the student that's been picked on

It's a pat on the back to the math whiz or the computer geek

Harmony is snapping fingers for the poet, cheering for the athlete, loud applause for the actor, a high 5 for the school band

it’s helping others with their schoolwork

Harmony is saying well done to those who pick up litter

It's a thank you to your teachers for the love they show you each day, for the custodian, nurse, counsellor and support staff that makes your school run

Harmony is for when you feel sad or angry, for when you are feeling scared or unsure

Harmony is asking for help and knowing it’s okay to do so

Harmony is being the best you are 24 7

It is being gentle with yourself so you can be gentle with others

Harmony is your family, the people you love and those who love you

Harmony is your school your community

Live Harmony

Be Harmony

Harmony is life

Harmony is you