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She's like the clouds rolling in,

she felt her temper stir like thunder within.

She's had her tears fall like heavy rain,

she felt so much from the hurt and the pain.

She's not angry or sad,

she doesn't feel mad.

She's had enough,

she got tough.

She's taken that negative energy cry,

she made a rainbow in the sky.

She's smiling with delight,

she made it through the long cold winter nights.

She's like a caterpillar in the spring,

she became a butterfly with wings.