

## **My Hands**

My hands are strong helpful and smooth

They help me catch a football

They make my food and help me draw

They are helpful and that is all

My hands paint things and make the hoop when I shoot

They help me pitch a fastball or even a curve

They hold the bat and swing for the home run

My hands are the things that help me with every day activities

They are made for helping me do what I do

They have a role in my life and it's something to see

My hands help me bring out my emotions

They are emotional things

Without them I don't know who I would be

They climb the bars when I have fun

Without them I don't know what would have done

My hands are big defensive and fearless

They are the things that flip a page in a book when I read

They throw a dart and even maybe make the bulls eye

It's made for some sports and I like that

My hands are fun to play with and joyful too

They are the best at drawing and painting

They help out of an accident and or trouble to

They are all I need in my life

That's of my hands

