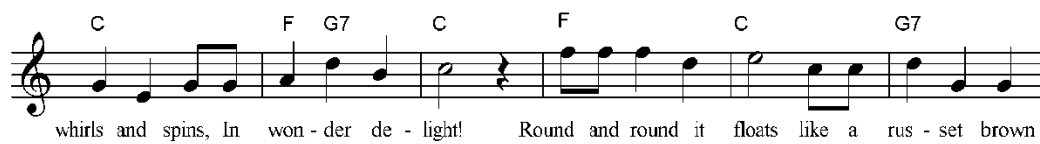
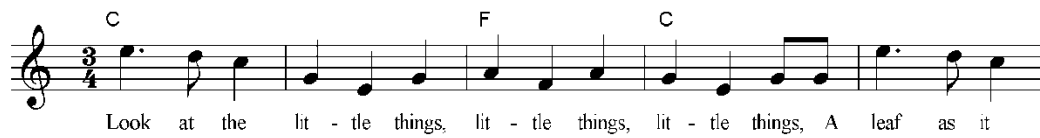


Look at the little things

Find delight in those things that might seem insignificant. Many things are beyond our control especially in these difficult times so concentrating on the small things can give us pleasure and lift our spirits. These are some of the less significant things I've noticed this year in lockdown; I'm sure you'll have many more to add. Look, listen, feel, touch, notice, smell, use all your senses. Words and music by Dany Rosevear.



Look at the little things, little things, little things,
A leaf as it whirls and spins, In wonder delight!
Round and round it floats like a russet brown boat.
If we look for those little things, each day will be bright.



Listen to the little things, little things, little things,
A blackbird that sweetly sings, In wonder delight!
Up high in a tree, it trills merrily.
If we listen for those little things, each day will be bright.



Feel, feel the little things, little things, little things,
A breeze blowing softly brings, Such wondrous delight!
Feel the kiss of the air as it sweeps away care.
If we feel, feel those little things, each day will be bright.

Gently touch the little things, little things, little things,
The pussy willow so dear in Spring, In wonder delight!
Stroke the soft silver down with its tiny green crown.
If we gently touch those little things, each day will be bright.

Notice each little thing, little thing, little thing,
A feather from a magpie's wing, In wonder delight!
The perfume of a rose, that ant on your toes!
Notice each and everything and your day will be bright.

