

# FAVORITE POEMS TAMUK

## DANCE

Paul Hayward, 1965-Present

*When I read this poem, I am reminded of a time when I was little. I was in kindergarten and it was close to Easter, the school decided it would be nice to have an Easter egg hunt for us out in the field across from the school. When the day came, we all lined up and were handed a little bucket and asked to turn around. The teachers quickly threw some eggs on the floor and hid some around the area then counted down for all of us to go look. I am reminded of this because when I read this poem, I see it as pure innocent happiness and the memory of when I was a pure innocent child having a blast looking for eggs during school time.*

Michaela Gonzalez, 20  
Student

Open your heart to happiness.  
Let every pore absorb light.  
Swim in the joy of the here and now,  
And cast off the darkness of night.  
Walk in the summer of sunshine.  
Fly in the blueness of sky.  
Know possibilities are boundless.  
Understand that nothing can die.  
Step from the shadows of torment.  
Sing 'til your throat gets too sore.  
Smile for as long as the day is,  
And laugh just a little bit more.  
Breathe slowly and deeply and listen.  
Give all your ideas a chance.  
Let the sun beat down on your goodness,  
And kick off your shoes and dance.

Hayward, Paul. "Dance". Family Friend Poems, [www.familyfreundpoems.com/poem/dance-7](http://www.familyfreundpoems.com/poem/dance-7). Accessed 21 Apr. 2021