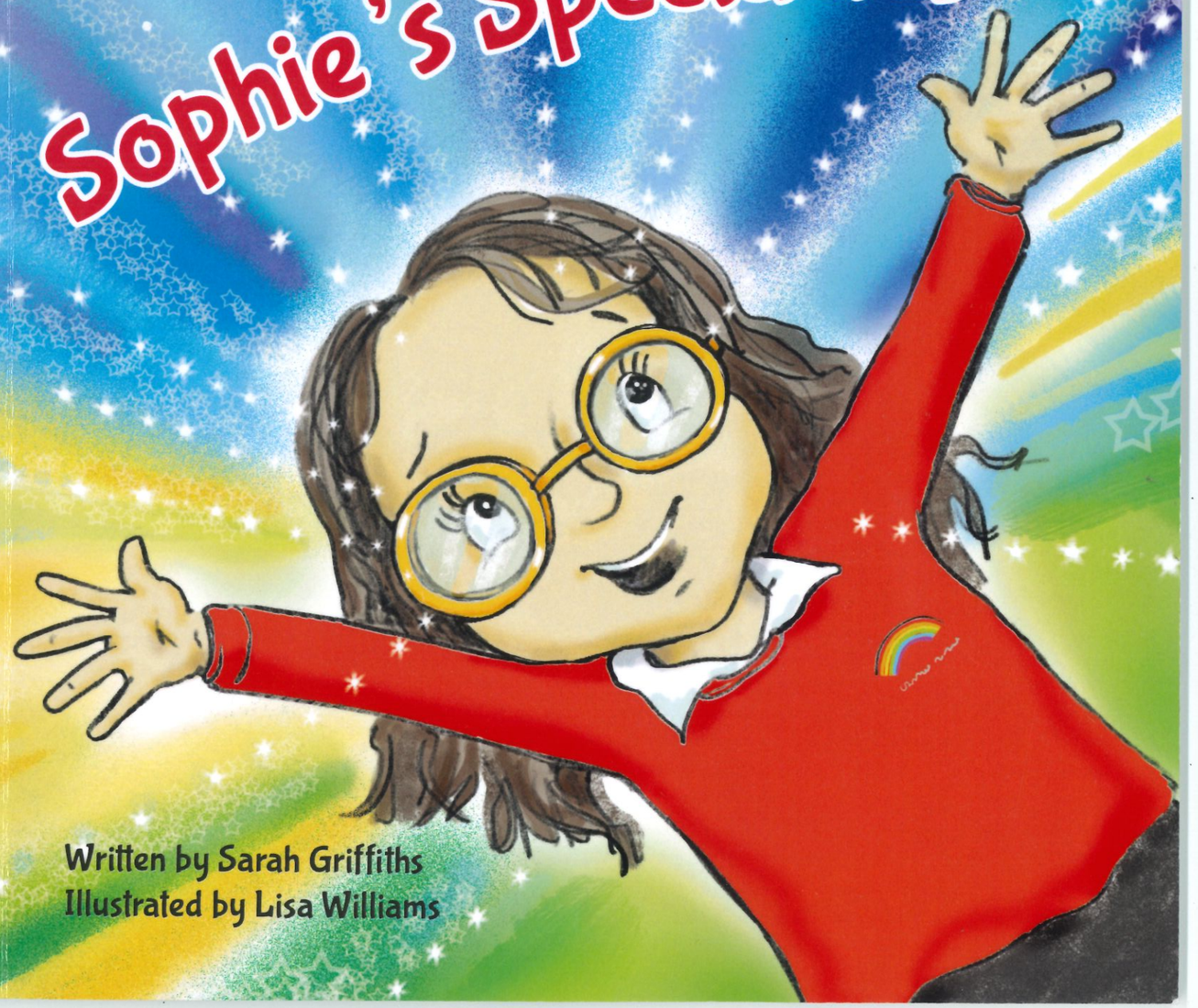
Sophie's Spectacles



Written by Sarah Griffiths
Illustrated by Lisa Williams

Sophie was a 7-year-old,
A happy, bright young girl,
She worked so hard to try her best,
But her mind was in a whirl.

Sophie wanted to be just perfect,
At everything she tried,
She worked so hard and got upset,
But her best was always inside.

I want to teach you about a gift,
It's the best you'll ever hear.
It all starts when you're little,
And begin to feel the fear.

Now Sophie was a perfectionist,
Her writing was so neat.
But she would always get extremely cross,
And never felt complete.

Always finding something wrong,
"That doesn't look quite right!"
She'd push herself and work so hard,
She'd try with all her might!

Sophie listened to a little voice,
The thoughts inside her head...
"That's no good, what have you done?"
And believed what it had said.



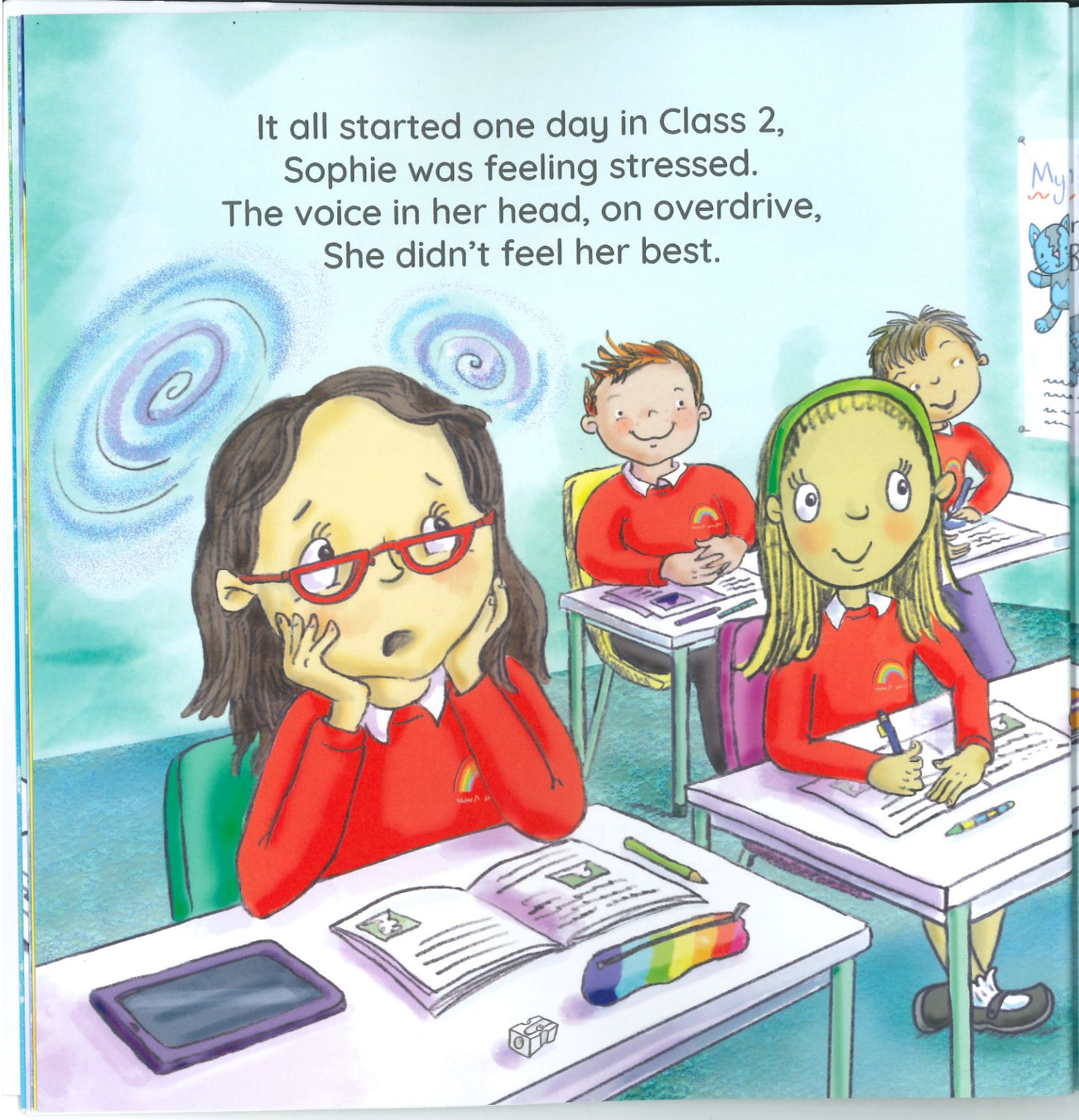


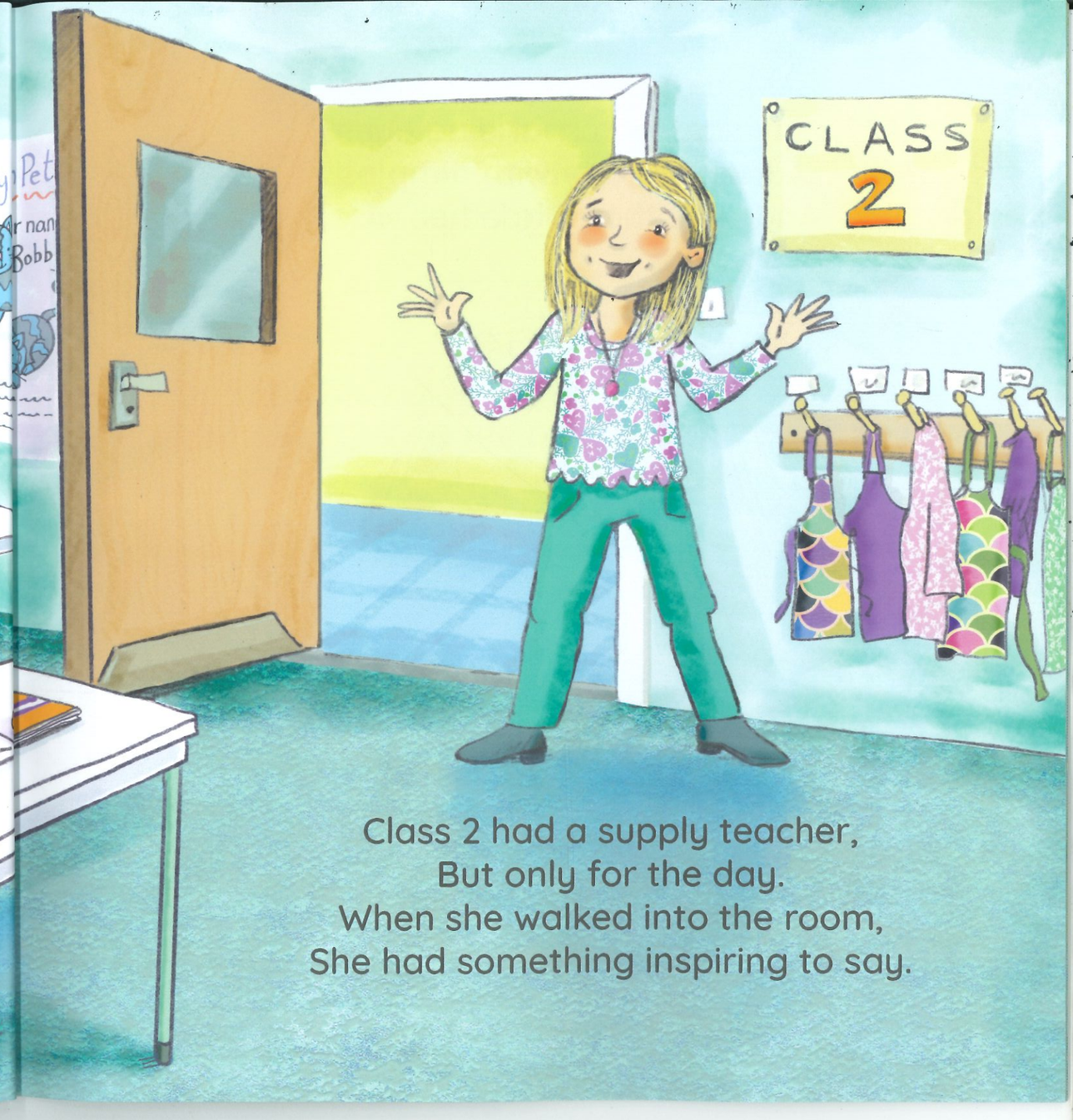
The lesson I will teach you,
Will make you jump for joy,
Get off your seat and shout HOORAY!
Every girl and boy.

It really will set you free,
Please share it far and wide.
You'll be the best that you can be,
Feel happy on the inside.

When you see with clarity,
This secret becomes clear,
You'll fly so high and reach your dreams,
There is nothing else to fear.

It all started one day in Class 2,
Sophie was feeling stressed.
The voice in her head, on overdrive,
She didn't feel her best.





Class 2 had a supply teacher,
But only for the day.
When she walked into the room,
She had something inspiring to say.

"My name is Miss Cookie,"
She said with sparkling eyes.
A friendly face with dimples,
And lines that made her wise.

"Today is a celebration,
We all have a chance to shine.
I'll go first and demonstrate,
And you all get in line."

Sophie felt dread inside!
"I don't know what to do?"
She looked around at all her friends,
And joined the back of the queue.

Emily read a poem,
She knew it off by heart.
Such confidence and self-belief,
She gave right from the start.





Next in turn was sporty Sam,
Captain of the football team.
He played for Wolves Under 10s,
This really was his dream.

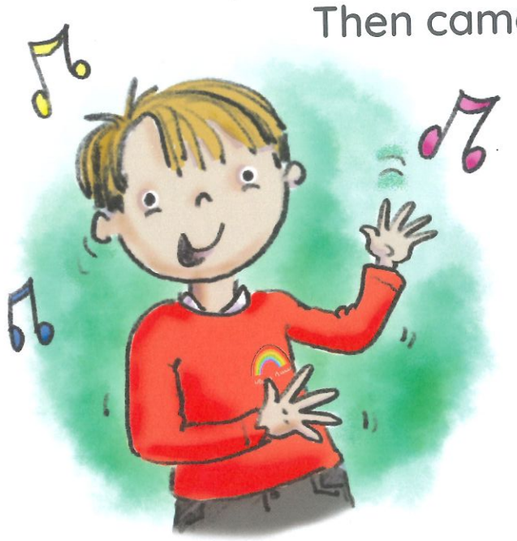


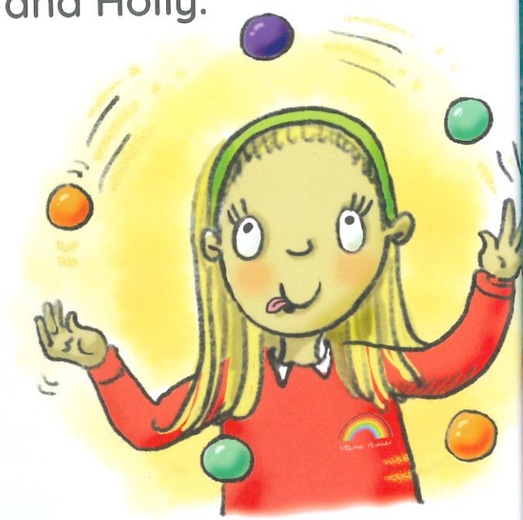
"Your turn George," Miss Cookie said.
He began to tell a story,
He changed his voice for characters,
And shone in all his glory.

As more and more of Sophie's class,
Performed for all to see,
Sophie became anxious and said,
"They are so much better than me!"

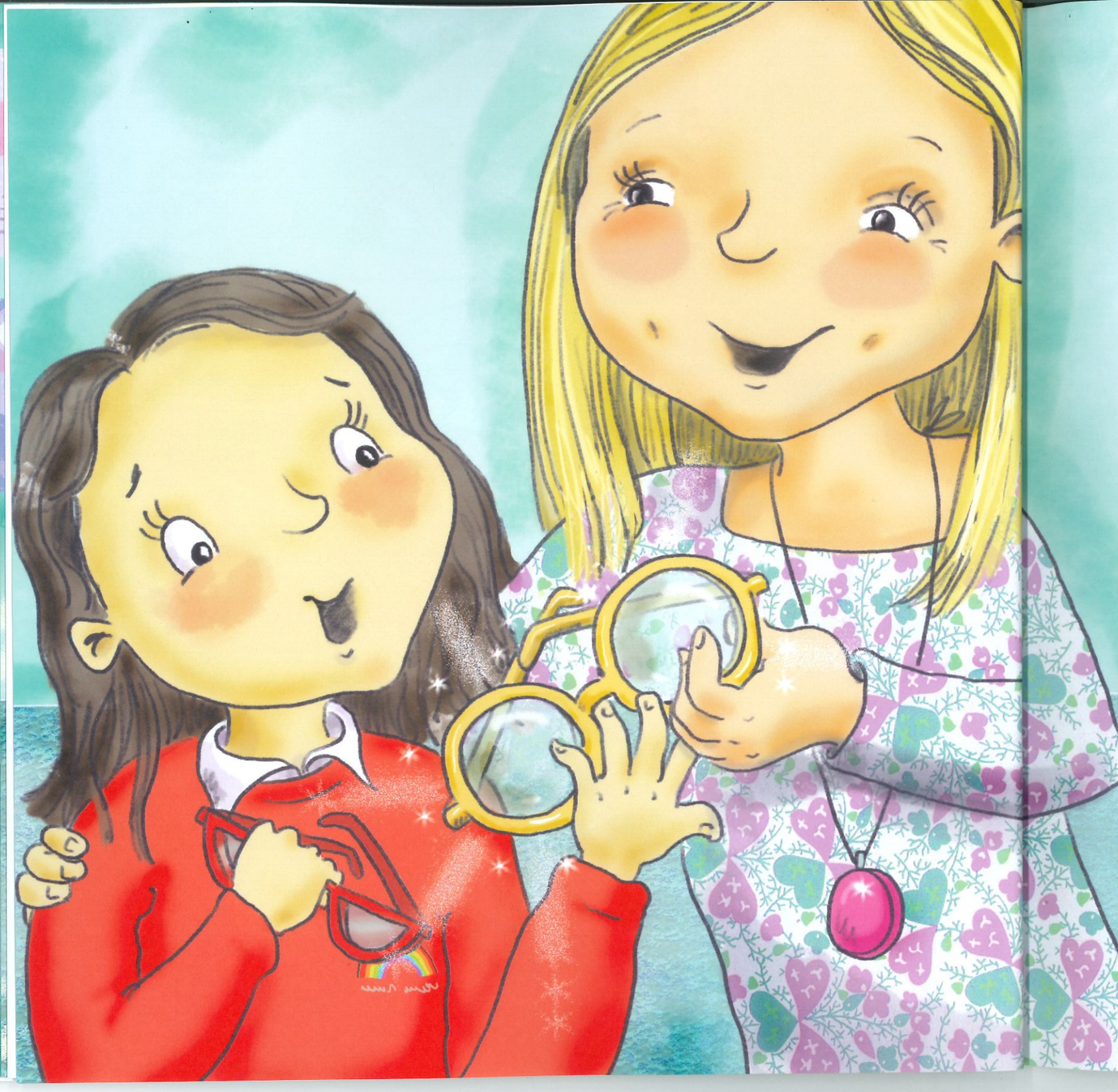


Next came Jack, Alexandra too,
Marcus and then Molly.
They all had something different to share,
Then came Joe and Holly.







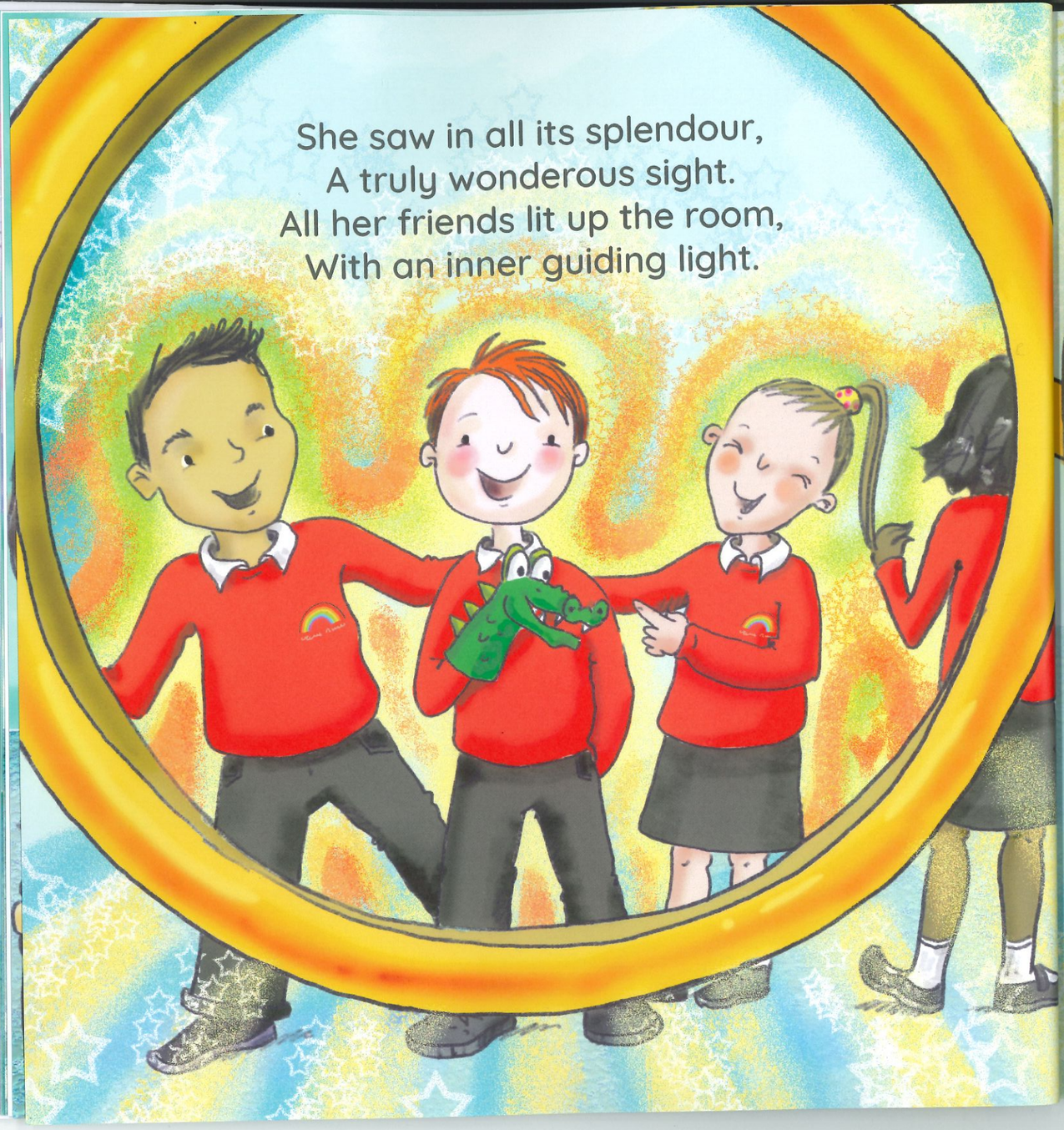


Miss Cookie took Sophie's hand,
"Let me help you, my dear.
I have some special spectacles,
That make everything so clear."

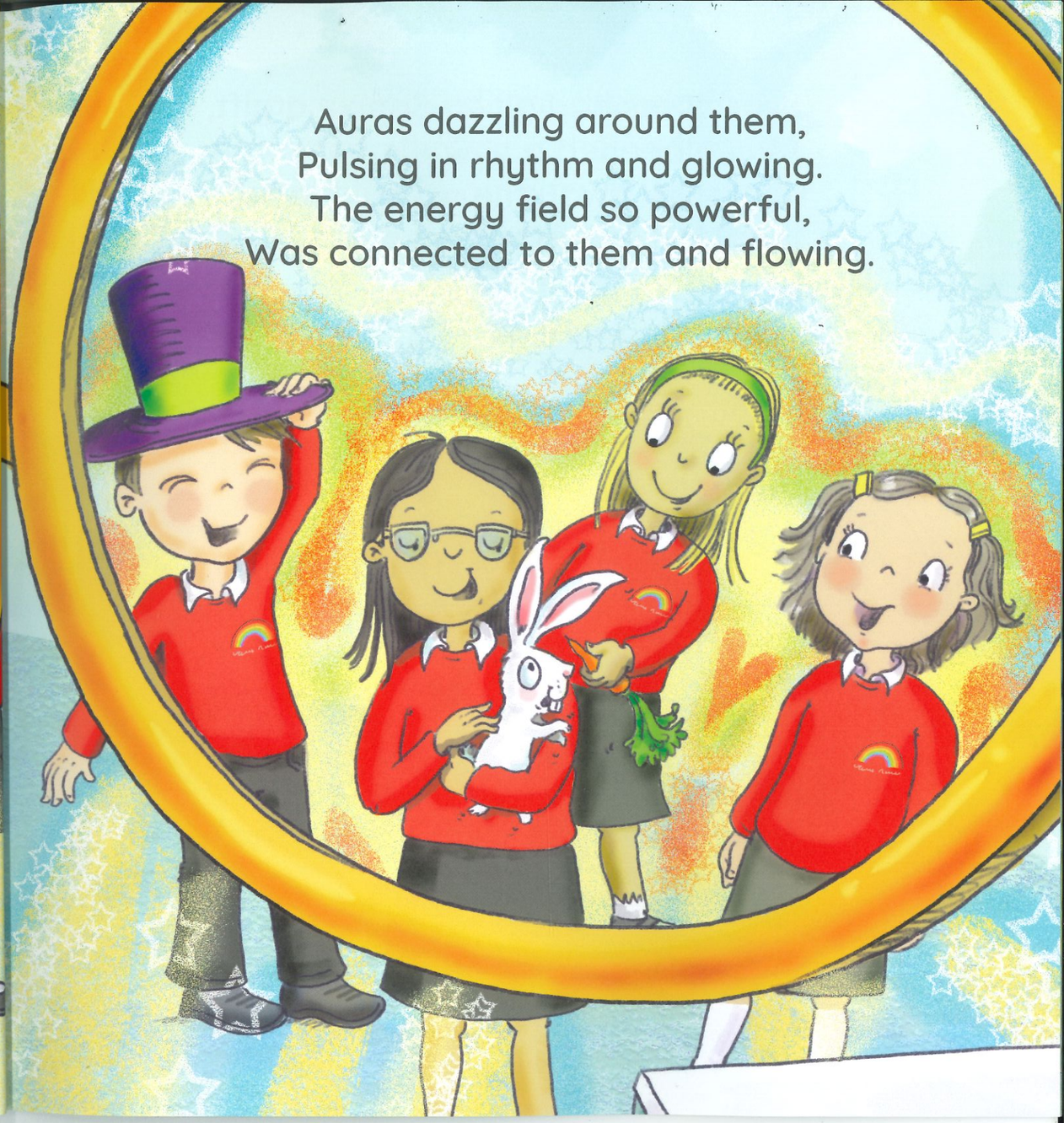
Sophie took off her glasses,
And put on these new specs.
It only took a moment,
To see what took effect.

As Sophie held the spectacles
And placed them around her ears,
What she saw was magnificent,
The fear then disappeared.

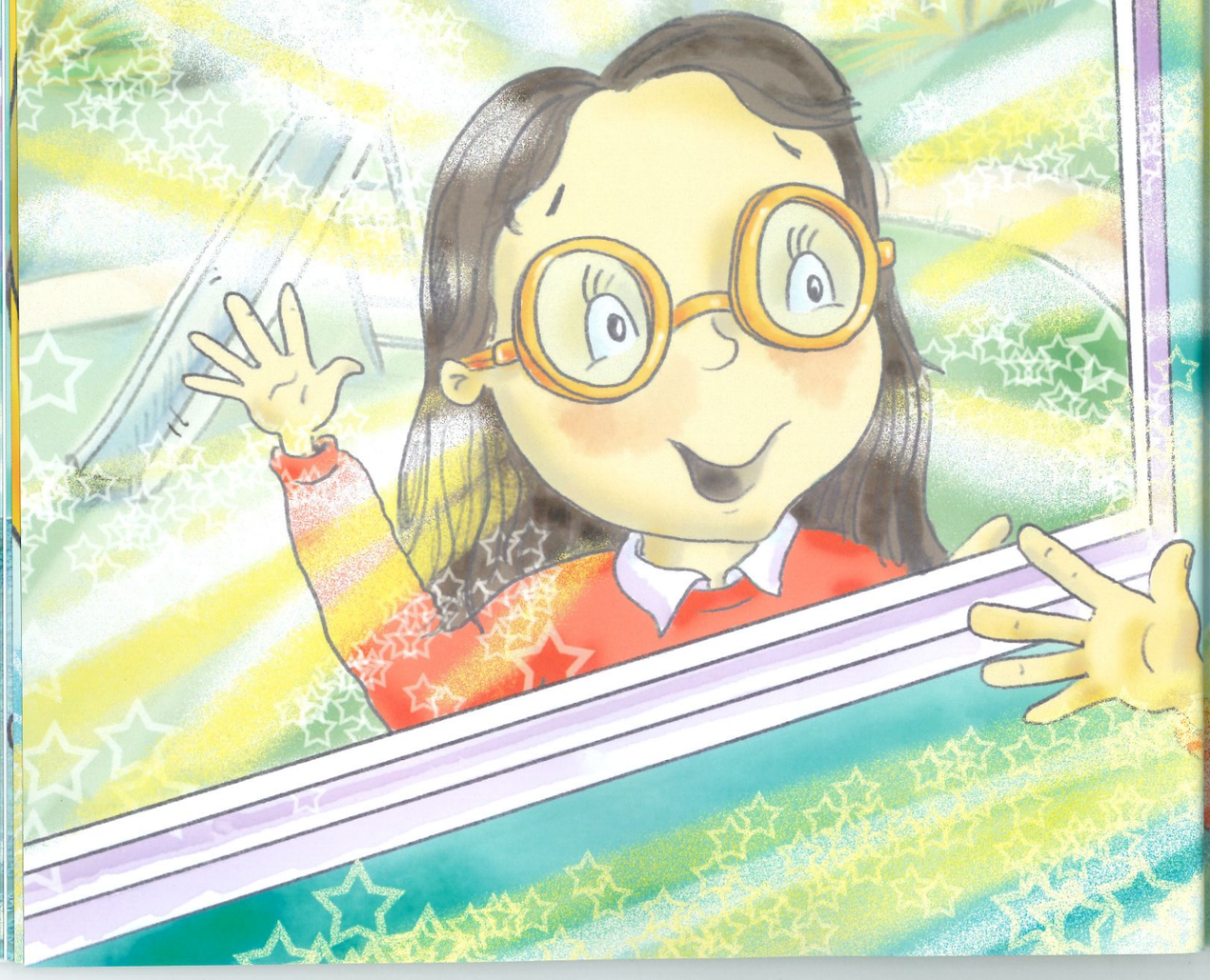
She saw in all its splendour,
A truly wonderous sight.
All her friends lit up the room,
With an inner guiding light.



Auras dazzling around them,
Pulsing in rhythm and glowing.
The energy field so powerful,
Was connected to them and flowing.



The glasses had given Sophie a gift,
They opened a new dimension.
They took away the worry she felt,
And all of the terrible tension.



Sophie looked into the window,
And what she saw in her reflection,
Was the beauty from within,
That shone back in the projection!



Sophie felt a special light,
Resonating from her face.
Her smile of beauty lit up the room,
With authenticity and grace.

Sophie talked about her friends,
And about her family,
About the bond with others,
Her strength for all to see.







She realised that with these specs,
It made it plain for all.
Sophie's kindness was her gift,
Which made her stand so tall.

As Sophie looked at her class,
She felt their inner flame.
Georgie, Grace, Tom and Sam,
She would never be the same!

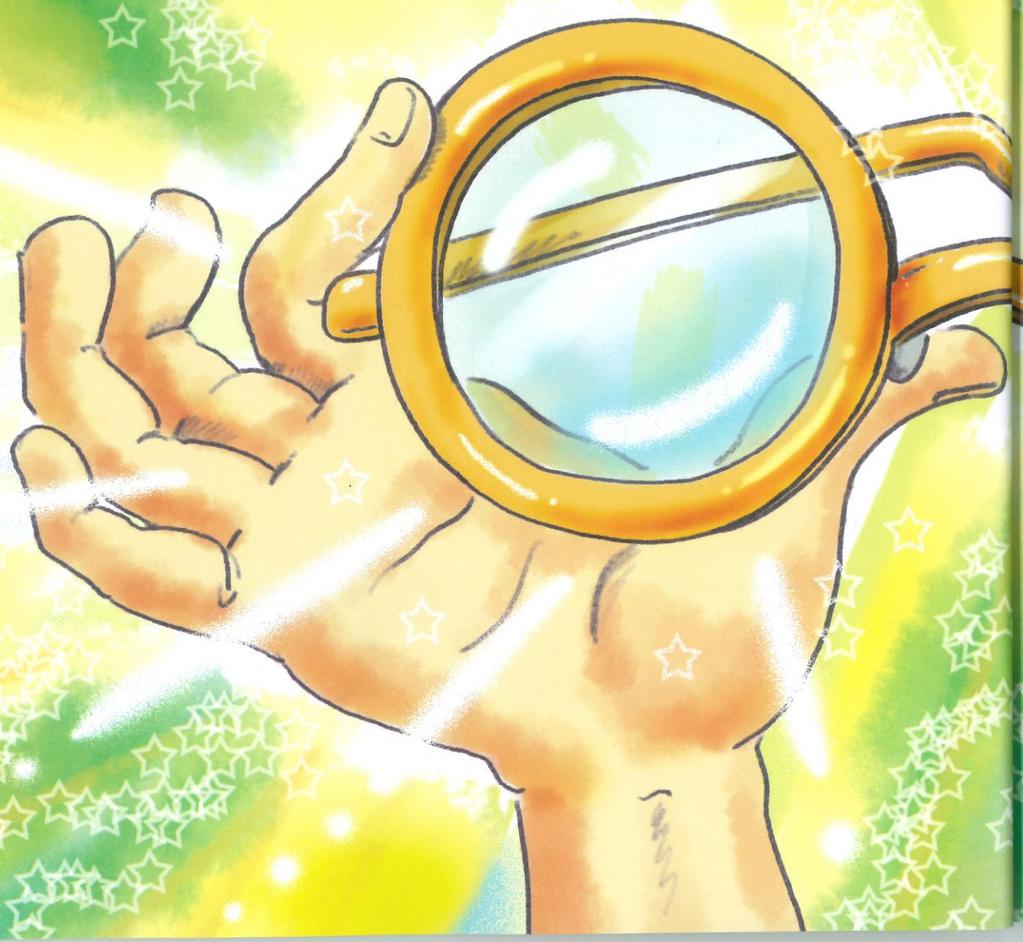
The glasses see what we can't see,
It's invisible to the eye.
But when you feel the energy,
Your self-esteem will fly!



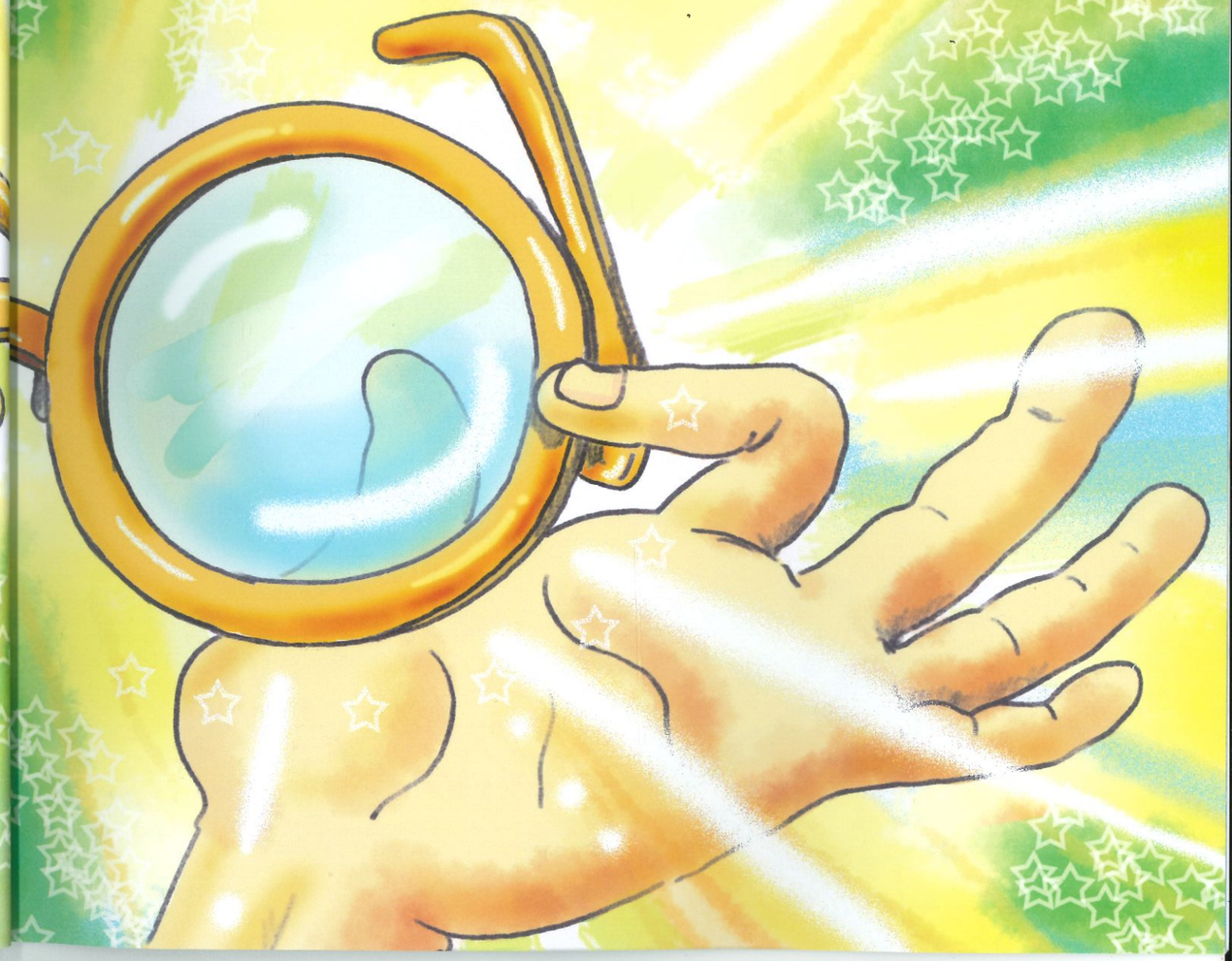
It feels like a vibration,
Energy moving from within,
Realising our true potential,
Sends our universe into a spin.

We all have gifts that make us shine,
All different from one another.
We must believe we are good enough,
And celebrate each other.

So, Sophie was given special specs,
To make her understand,
We can do anything we choose to do,
It's all in our own hands.



Believe in yourself, aim so high,
Give your gifts to all.
Make it count, this is your time,
One life, so stand up tall!

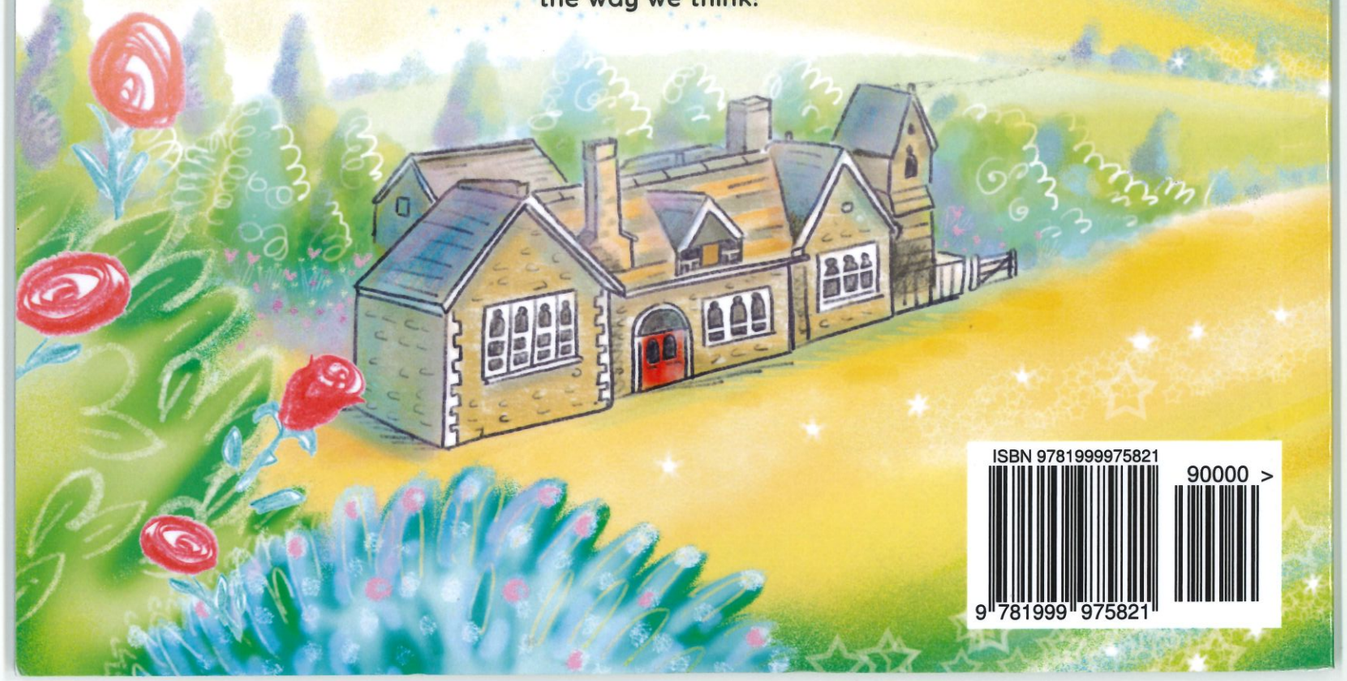


An extraordinary story about a 7-year-old little girl called Sophie who just can't seem to see the good in herself. With the help of a teacher and some magic spectacles, Sophie gains true insight to her inner-self. Sophie sees the amazing connection we have to one another and that we all have gifts that makes us shine.



"Sophie looked into the window,
And what she saw in her reflection,
Was the beauty from within,
That shone back in the projection!"

Sophie regains her self-esteem and can see that she has the power to reach her dreams. The compelling message in this story is that we are all magnificent and can do anything that we desire, if we can just change the way we think!



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