

The **MONSTER** Inside by KATHY WELSH

Carrie is a nice child, thought of as quite mild.

She is a sweet girl, having only a single curl.

She has a special smile, that's her own personal style.

Carrie likes to wear a princess crown, while twirling in a special gown.

*But* Every once in a while, though, something inside starts to grow.

Carrie has something inside, she just can't seem to hide.

It starts out itty bitty, and it isn't very pretty.

It shows its ugly head, sometimes when it's time for bed.

*It's*

It's loud and mean,

and its eyes turn green.

It says whatever is on its mind,

and usually *it's* not very kind.

Out it comes, wild and crazy,

while Carrie's head is quite hazy.

Its body becomes a little wild,

*Carrie's* Carrie is now a different child.

It grows twenty times its size,

*But* really, it's Carrie in disguise!

*The* Its arms are long,

And its hands are strong.

*It's*

It's very hairy,

and quite scary.

Everybody *run* runs from it,

that ugly, growing fit.

Everyone that saw the redder it got,  
It became hotter than hot.

was

As it was going into overload,  
people wondered if it would explode.

thought: Is it going to?

They were scared  
as the temper flared.

All the people began to run.  
Can someone help, anyone?

To calm it, mom tried,  
but it just sat and cried.

Its nails grew super long,  
something is definitely wrong.

Then Carrie realizes  
as her temper rises,

this is the monster inside,  
that likes to stay and hide.

Hiding under the princess smile,  
it sits and waits awhile.

And when the anger arrives,  
this monster comes out - a big surprise!

How does Carrie control the monster inside  
when it takes her for a long and crazy ride?

She breathes in deep and slow,  
then exhales with an outward blow.

Slowly, the hair shrinks back.  
its eyes are now brown and black.

The

~~It~~  
The

Its nails shorten back to size, ✓

Carrie no longer cries. ✓

With each and every breath, ✓

She's no longer scared to death. ✓

five

It may take 5 minutes or so, ✓

she doesn't rush, just breathes nice and slow. ✓

'Till that roaring rage, ✓

is now in its cage. ✓

The monster is no longer strong, ✓

and eventually will... ✓

be... ✓

gone.

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