

One Look, One Word, One Touch

When a child feels sad, alone or lost
They yearn for kindness, reassurance and love
When a child feels angry, frustrated and scared
They yearn for kindness, reassurance and love

*It takes just one look, one word, one touch
To give hope to a wounded heart
It takes one smile, one hug, one act of kindness
To help someone make a new start.*

When a home feels like a lonely prison
We seek someone who understands and cares
When the world looks scary, dark and cold
We seek someone who really listens and cares

*It takes just one look, one word, one touch
To give hope to a wounded heart
It takes one smile, one hug, one act of kindness
To help someone make a new start.*

When a heart is broken and aches with pain
We turn to those who we love and we share
When a soul feels crushed and shattered
We yearn to be free of our nightmare

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To give hope to a wounded heart
It takes one smile, one hug, one act of kindness
To help someone make a new start.*

We are never meant to do it alone
The journey of life is meant to be shared
May every step, and giant leap forward
Have someone at your side who really cared.

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Maggie Dent 2005