



# The Little Book of Colour 5

## POETRY BOOK

This year's selection of poems from children and young people  
cared for across the Capstone Foster Care Group

**Capstone**  
foster care



**Excel**   
Fostering

  
**FosterCare**<sup>UK</sup>  
Make a Difference



# Acknowledgements

We are absolutely thrilled to announce the return of our annual poetry book in honour of World Poetry Day. This year, we are excited to present the fifth edition of **The Little Book of Colour**, continuing our tradition of showcasing the creativity and voices of children and young people across Capstone Foster Care group.

Following the incredible success of last year's edition, we are overjoyed by the response from the children, with the collection for 2025 being even more diverse, heartfelt, and inspiring. **The Little Book of Colour 5** features an extraordinary range of poems that touch on themes such as identity, family, kindness, the environment, cherished pets, and beyond. Each poem is presented in its purest form, just as the children wrote them, capturing their genuine voices and unique perspectives.

Poetry serves as a powerful and emotional outlet for self-expression, allowing children to share their experiences and thoughts in a way that's deeply personal and moving. Through their words, we gain a glimpse into their world—a world full of imagination, insight and hope.

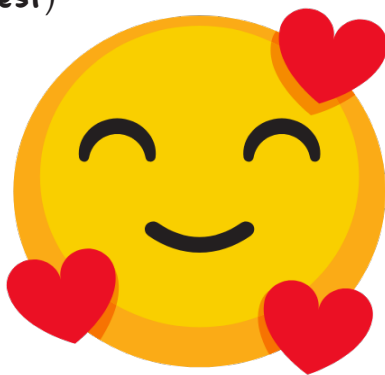
We hope this edition sparks reflection, conversation and inspiration for all who read it. At the end of the book, you'll find space to write your own thoughts and add to the collection throughout the year, continuing the journey of creativity and expression.

This book is dedicated to all those who are care experienced—may it be a small yet meaningful token on your ongoing journey.

## My Hobby

by SG age 7 (Capstone South West)

Giggly and Yawny  
Marvelous and Nimble  
Always Smiley and Thoughtful  
Intelligent and Crazy



## Shine of the Wind!

by LMU age 19 (FosterCare UK)

The moon comes up,  
and the light shimmers through,  
the wind in the enchanted night sky glows endless and free,  
night animals come out at midnight,  
stars bloom before the night hides away  
and all will be doomed,  
sweet melodies twinkle and shine,  
the wind picks it up  
and the night sky continuously rhymes,  
the clock chimes 5 just awaiting for it to turn 9.



# Dog Dreams

by IC age 17 (Capstone North)



Welcome ladies and gentlemen, boys and girls to the Museum of Me! Step into my pink mansion where you will find things for everyone to enjoy. Follow me into the reading and writing room where you will find lots of books, pens and paper. Feel free to tell your own stories but the room may also be very silent for there will be lots of people reading or writing.

Do you hear that? Next step into my dog grooming kingdom where you get to experience lots of hands on work such as bathing or cutting the dogs fur - and as you can tell loads of the dogs in here are very calm. You are more than welcome to bring your own dogs along too. You may also get a certificate for dog husbandry.

Breathe in the smells of chocolate, croissants, foods galore! Welcome to the food court. You can drink and eat whatever you want, you may only want a quick snack or a drink. Don't worry, we've got fruit toast, breads for everyone and jams... whatever you like really, just help yourselves. We also have a buffet for you to enjoy.

Brace yourselves as we teleport to the room where all your dreams come true. You're back with your family, maybe catching up after so long and maybe it feels good to be back. You may be travelling the world, up the Eiffel Tower, where you can see the whole world or you may be making your own pizza. One of your biggest dreams and wishes might be owning your own business of dog grooming, but whatever your dreams are they are all in this room. If you want this world all you need to do is believe in pure imagination and dreams. Hope to see you next time, thank you for visiting my mansion of wonders.

# Wolf Museum

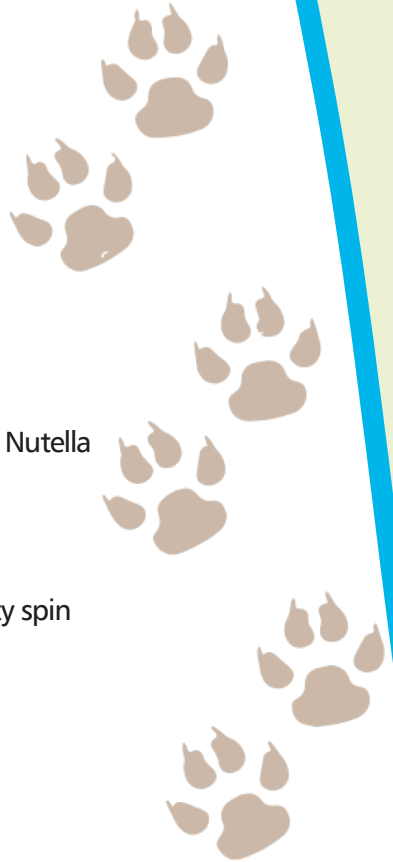
by AR age 12 (Capstone North)

The Museum of Me  
Admire my wolf building!  
With pride, with your pack  
Follow me to the wolf room if you dare,  
To see the wolves so near.  
See wolves are so cute,  
You might be scared but don't fret,  
They just want you to love them.

The second room is full of food  
You can hear the crack of biscuits and smell of Nutella  
Dogs are welcome, Dog Heaven.

The third room is the spinning room,  
You go on the waltzer wheel or feel anti-gravity spin  
You will feel weightless like flying.

We come to the final room  
All has come to an end  
All should be happy  
With peace in the world  
If you want this world you just need to believe in pure imagination



# Poppies

by NG age 10 (FosterCare UK)

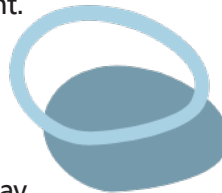
Poppies are red  
Our memory to those in the war  
Poppies are purple for all the animals  
Poppies grow in flower fields  
I wear my poppy with pride  
Every war needs to end  
So we will remember them!



# Loaded Life

by DS age 12 (Excel Fostering)

Life gets faster every day  
Our family grows, too old to play.  
A tragic story yet to come  
Making my head go silly and dumb.  
When things go wrong, as they sometimes will  
When the road you're trudging seems all uphill  
There is always hope, and always light  
As it shines through the deep dark night.  
Success is failure flipped around,  
So don't put on a frown.  
Our love expands every day  
So don't stop that from making your day.



# You're the Captain of Your Boat

by LWD age 13 (Capstone North)

Welcome,

Welcome,

Welcome!

You will be in for a surprise with the museum of us.

Firstly just admire the colours that pop off the walls.

You might see or you might spot colours like white, blue, red and maybe some orange, yellow and green.

On your left you will see a red room at first glance...

But if you took a little longer you will spot a messy room, so messy you can't see the floor,

This room is my bedroom!

Maybe before you go to the next room you might hear a click.

This room is the music room,

You might think what was that click?

It was people practising.

Don't be worried about having a go but don't play too loud!

You might be a little peckish,

Go towards the next room, the parlour room,

Instantly you will smell pasta freshly baked and perhaps you might want a bigger portion.

Don't be shy, just have as much as you want!

On your right now you will be given some sunglasses because we are going into your future

And if you don't want people seeing your future don't be scared,

Only you can see it, so brace yourself!

I've got some advice for you to take home.

You are the captain of your boat.

That's all I've got for you today, feel free to go back to the rooms before you go.

## Rainbow

by AG age 6 (FosterCare UK)

Violets are purple  
Roses are pink  
Poppies are red  
Bluebells are blue  
Daffodils and Sunflowers are yellow  
All the colours of the rainbow.

## Changes

by GL age 16 (Capstone South East)

People change  
They come and go  
Pain is all I have ever known  
But there will be light at the end of the road  
Maybe change is how it goes

## Bedtime

by GS age 3 (Capstone South West)

'Goodbye sun, hello moon!'

# Plants

by KA age 10 (Capstone Midlands)

Plants have a variety of species  
Plants can be spikey or not  
Plants can be sore or heal  
Plants can be healthy or not healthy  
Plants can be big or small  
Plants can be in the dark or in the light  
Plants have a shorter life than others



# Me

by SG age 7 (Capstone South West)

Sporty and  
Active  
Very clever  
And  
Nice  
Nearly 8  
And  
Happy



# Crime, Cookery, Cakes and Coffee

by RLB age 15 (Capstone North)

Welcome to my museum come and wander through the building of my life please. Let me guide you to my crime room, this is where you will see masses of cases to crack and fun to have. An interactive room, to save and solve, be a detective for a day!

Now make your way to my next room, this one contains sounds of all kinds as you step into my cinema room with TVs scattered all around, with different films and shows playing on them, sounds mashing together as you sink into soft sofas.

As I guide you into my next room your senses might overload as the succulent sweet smell of cakes of all sizes hits you, food piled higher than the largest mountain in the world! This room is just as interactive as the others, you can cook your own food or have one of our professionally trained chefs cook it for you.

Now brace yourself as this is the last room on our everlasting ride. This room is filled with many possibilities, places I want to be when I grow older. An apartment in America, the smell of the breakfast aroma flooding into the living room. As you take further steps you're transported to an office, a detective's office, coffee scent spilling into the room. More steps being taken leads you to a field, the night sky looming, above you the stars...

Listen, my advice to you is believe in yourself and you can get anywhere.

# Beyond the Walls

by BH age 17 (Capstone South East)

The door is closed, the path unknown,  
A place I've never yet been shown.  
But in the quiet, I feel the call,  
To step outside, to risk it all.

The air is cold, the ground unsure,  
But there's a thrill, a heart that's pure.  
With every step, I start to see  
The strength inside, it sets me free.

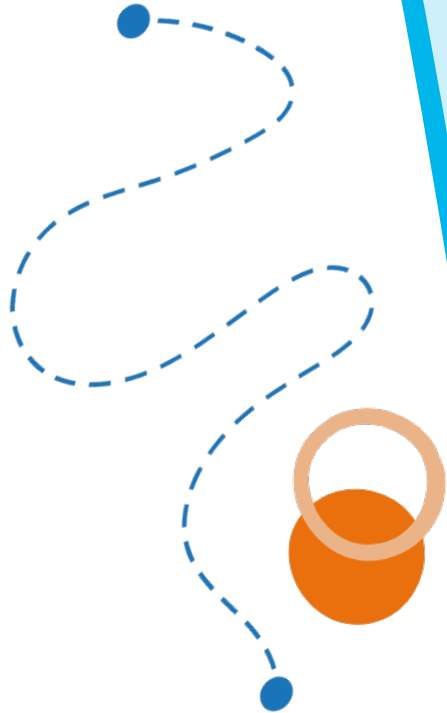
No longer bound by fear's tight chains,  
I break away, embrace the strains.  
And though I stumble, I learn to rise,  
Beyond the walls, beneath new skies.

For in the space where comfort ends,  
That's where the journey truly begins.

# My Journey

by MA age 16 (Capstone South East)

When I left my country everything was happening simultaneously  
I didn't even have time to think!  
I didn't get a chance to say my goodbyes  
Constantly thinking are they going to be okay?  
And thinking if I am going to be okay...  
I came a long way from the bottom  
Now I have reached the top!!



# Bunnyman

by AR age 12 (Capstone North)

It's now the time to say goodbye  
I know it's sad but dry your eyes  
The time is nigh for you to fly  
For your departure, don't ask me why  
To all the things we didn't try  
Don't be sad, it will be alright  
We'll miss you with all our heart  
I'm sorry but now's your time  
We all love you

# Love

by SHW age 13 (FosterCare UK)

There is one day, each year.  
Where some people are happy,  
and some people are alone.  
But to me, it doesn't matter,  
because if you have someone  
who is always by your side,  
you have achieved life on Earth.  
Love can be difficult but you can always change it,  
it can be wonderful with friends and family who love and care about you.  
Find that happiness inside you.



# Chocolate With Extra Sugar

by RC age 9 (Capstone North)

Welcome to the Museum of Me.

Check out my wonderful castle of animals, the colour you will see is blue.

Step this way into my sports room, you will see people doing gymnastics, tennis and even rock climbing.

Come this way to my animal kingdom where you will hear cows mooing, horses neighing and wolves howling. You can even stroke them and feed the horse hay.

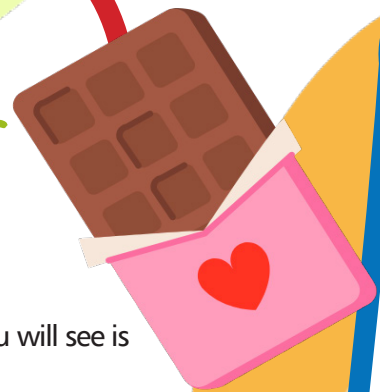
Welcome to the food room where you can eat anything you see, even the walls are made of chocolate, with extra sugar in it!

Brace yourselves for the teleportation to France where you can eat as many croissants as you like. You can also teleport to Italy. If you want this world all you need is to dream.

# Trust the Progression

by FC age 15 (Capstone Midlands)

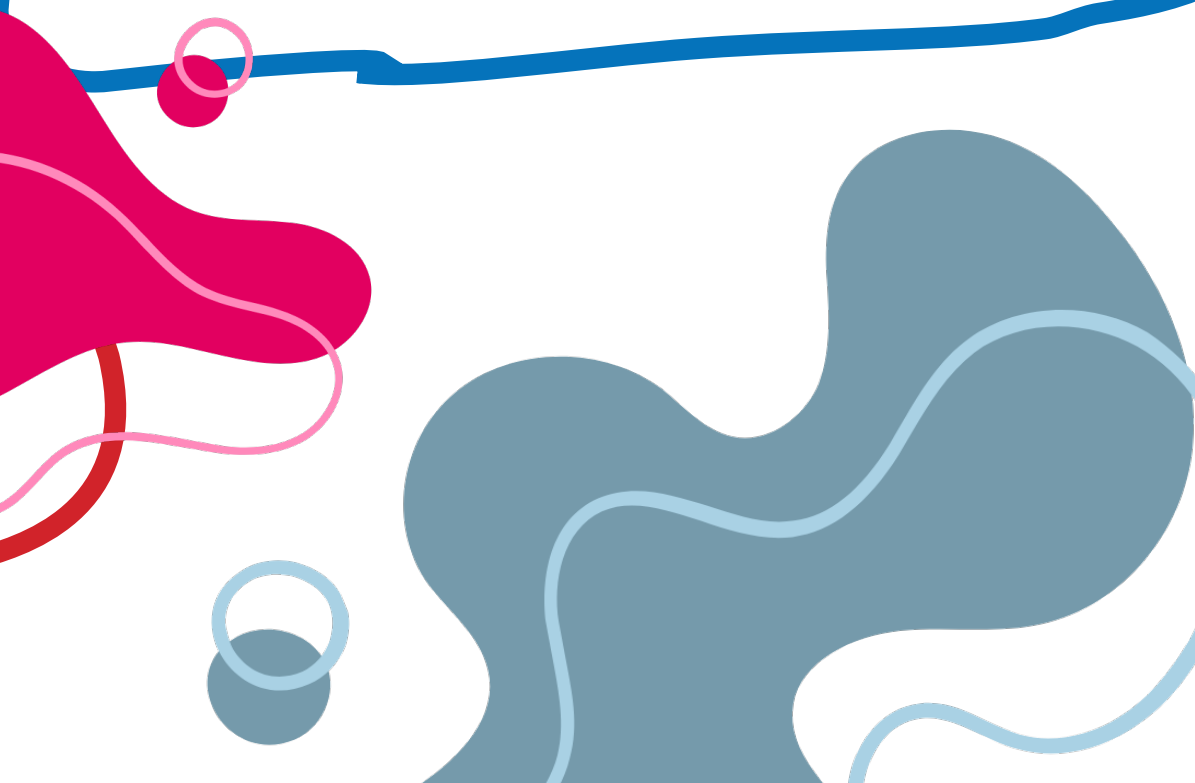
A quiet room, a borrowed bed  
Memories of home, softly  
tread, new faces greet, some  
kind, some strange, a life  
uprooted, bound to change  
But in the storm, a light appears, a whispered hope,  
dissolving fears, a hand  
extended, a heart made



# Life in Foster Care

by R-J age 11 (FosterCare UK)

Life in foster care is ok,  
but you don't get to spend Christmas and Valentine's with your family and you miss them so much.  
But you still get to see them.  
In care they are not all downers,  
you get to live with an amazing foster family!  
Like I live with my auntie Didy and she is the best.  
She got me a laptop, phone and a tablet.  
She is so loving and caring,  
she loves me to the moon and back,  
and I love her back,  
I know she knows!  
I know sometimes she gets serious,  
but we do joke around,  
I LOVE U auntie Didy and  
U LOVE ME BACK BY FORCE!



# Resilience in Shadow

by T00 age 16 (Capstone South East)

In winding paths where shadows dwell,  
We stumble often, caught in hell.  
Yet from the depths, a lesson grows,  
In every struggle, wisdom flows.

The weight we bear can shape our souls,  
Each scar a story, each wound consoles.  
Through darkest nights, the stars will gleam,  
Reminding us to chase our dream.

A child's laughter, a sunset's glow,  
The simplest joys, they help us grow.  
For in the chaos, beauty hides,  
In every heartache, hope abides.

So when the world feels cold and grey,  
Remember light can find a way.  
Through every trial, we rise anew,  
Life's tapestry we weave in hues.

# Sunrise in the Distance

by FS age 10 (Excel Fostering)

I hear the girl laugh with joy  
Playing with her light pink toy.  
My mind relaxed and calm  
As a butterfly flew away.  
As we watched the sunrise  
It felt like winning a prize.  
My heart as happy as ever  
Making my world marvellous forever.



## Half Term Fun

by FS age 10 (Excel Fostering)

We went trampolining  
The room was freezing  
Next minute we were jumping  
And our hearts were pumping.  
My mind was going wild  
To the music we free-styled!  
Trying to calm down  
My face in a frown.  
Pizza for my dinner  
It's a ..... WINNER!



## Food

by PM age 5 (Capstone Midlands)

Feel full  
I Love it!  
Hot food  
Warms me up!  
Sniff the food  
It's lovely!  
Taste the marshmallows  
Yum yum yum!  
Feel full  
I love it!



# Liberation

by YAA age 17 (Capstone South East)

Ring...Ring...Hello?

Your brother has come home!

Syria is FINALLY liberated and now we are FREE

Oh FREEDOM! How you sound so sweet!

Thank God I am not dreaming and this is the REALITY!

ALL PRAISE BE TO GOD FOR THIS GREAT VICTORY!

# Sloths

by PM age 11 (Capstone Midlands)

Sloths are cute

Sloths are furry

Sloths are lazy

Sloths are slow

If I was a sloth

I'd eat all day

And sleep all day

And be a happy sloth

Hooray



## My Mum

by LB age 10 (Capstone South East)

My mum is a social worker  
She helps children come and go  
She does her best and that's all that counts  
It's a privilege to say my mum is a social worker  
She helps children but not just me  
She treats them like they are her own  
She is a vision of grace  
My mum is a social worker

## Dancing

by EB age 18 (Capstone South West)

When I dance, I can be me  
The music starts, my mind feels free  
From all the worries inside of me.

I dance in the morning, the evening or night  
My whole world is happy

# Tomorrow I Rise

by TW age 13 (FosterCare UK)

Some days the light feels far away,  
Shadows stretch and steal the day,  
The weight of doubt so hard to bear,  
And yet, I find a strength to care.  
The road ahead is so cold and strong,  
Whispers in my head say I don't belong,  
Deep inside there's still a spark,  
That lies within my aching heart.

Don't give up just turn around,  
Even when lost you'll always be found,  
Although hope is not lost you feel all alone,  
Keep moving forward like you've always known.

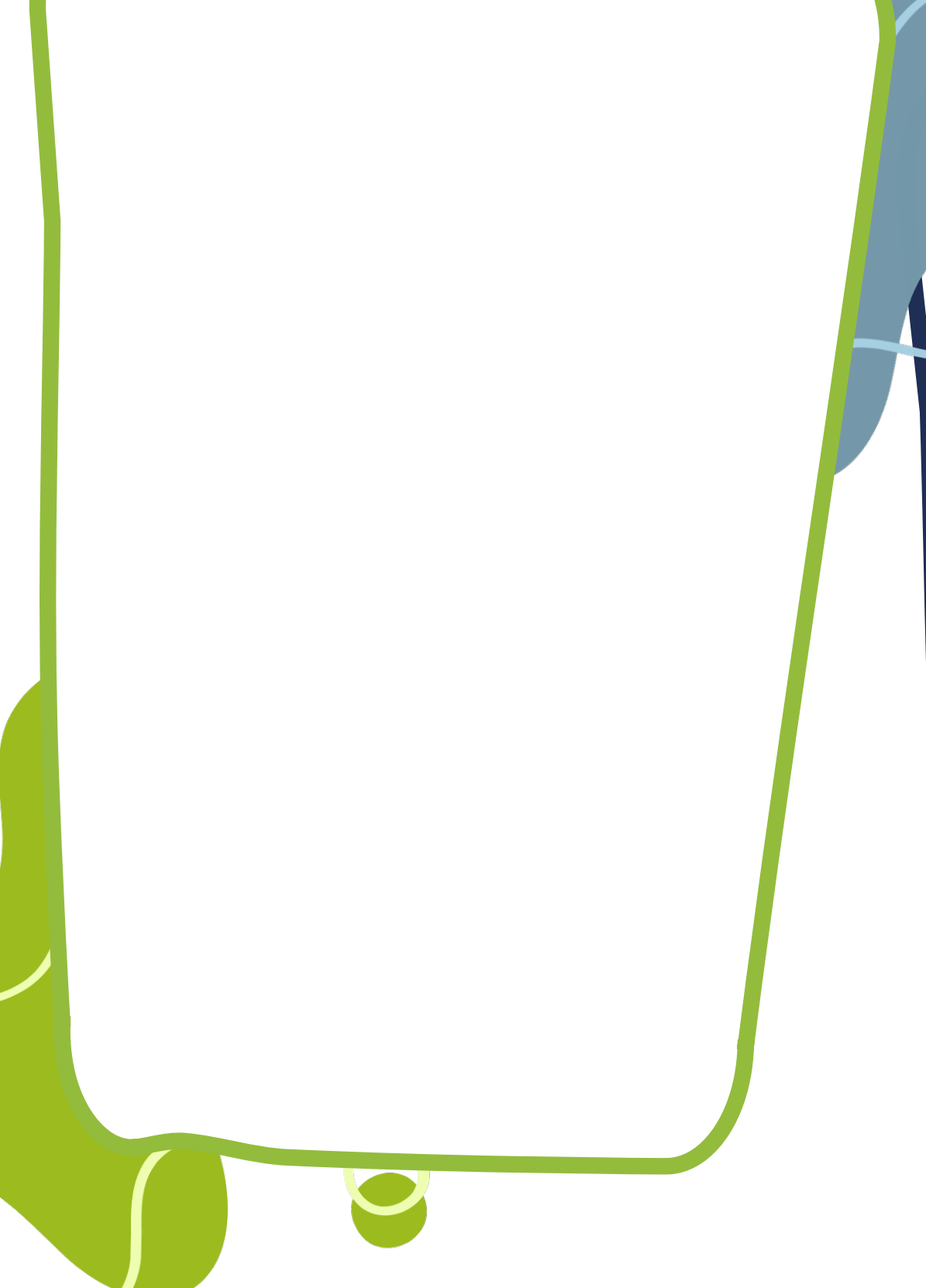
The sun goes down drawing shadows of grey,  
But hold on to that little spark throughout the day.  
For the sun always rises,  
though it may seem delayed,  
dancing on horizons where shadows have stayed.  
The warmth of its glow hold the promise of days,  
When my heart will reclaim its soft radiant ways.



Inspired? Write your own!

Use this  
space to  
write more  
poems.





Don't forget  
to share your  
poems with us,  
if you'd like to.





**Capstone**  
foster care



[capstonefostercare.co.uk](http://capstonefostercare.co.uk)

**Excel**   
Fostering

[excelfostering.com](http://excelfostering.com)

  
**FosterCare**<sup>UK</sup>  
*Make a Difference*

[fostercareuk.co.uk](http://fostercareuk.co.uk)

