The rhythm of life

Hand on the bridge
feel the rhythm of the train.

Hand on the window
feel the rhythm of the rain.

Hand on your throat
feel the rhythm of your talk.

Hand on your leg
feel the rhythm of your walk.

Hand in the sea
feel the rhythm of the tide.

Hand on your heart
feel the rhythm inside.

Hand on the rhythm
feel the rhythm of the rhyme.

Hand on your life
feel the rhythm of time.
hand on your life
feel the rhythm of time
hand on your life
feel the rhythm of time.

From *Michael Rosen's Big Book of Bad Things.*

https://clpe.org.uk/poetryline/poems/rhythm-life