

## Appendix 2

### Poems for the experimental group

#### *My Heart Leaps Up*

My heart leaps up when I behold  
A rainbow in the sky:  
So was it when my life began;  
So is it now I am a man;  
So be it when I shall grow old,  
Or let me die!  
The Child is father of the Man;  
And I could wish my days to be  
Bound each to each by natural piety.

#### *Love's Philosophy*

The fountains mingle with the river  
And the rivers with the ocean,  
The winds of heaven mix for ever  
With a sweet emotion;  
Nothing in the world is single;  
All things by a law divine  
In one spirit meet and mingle.  
Why not I with thine?—  
See the mountains kiss high heaven  
And the waves clasp one another;  
No sister-flower would be forgiven  
If it disdained its brother;  
And the sunlight clasps the earth  
And the moonbeams kiss the sea: