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The Rainbow Spectrum

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The Rainbow Spectrum

Green, I'm great,
there are two tiny birds on the windowsill

Blue, I'm ok
the music class is canceled today, but I'm in control.

Yellow, I'm uncomfortable,
the fan is squeaky, I try to move to blue.

Orange, I'm fuming
the bell rings two minutes earlier, why ever?

Red, I'm exploding
The new boy touches my shoulder, I punch him.

My emotional thermometer quickly jumps up colors
I'll learn to tone down, you'll help; won't you?

—Archana Kadam

Archana Kadam is a Developmental Pediatrician, working with autistic children for the last 20 years in KEM Hospital Pune, India. She is MD.DNB. in Pediatrics from University of Pune, Maharashtra, India and is neurotypical. Her work emphasizes family involvement, early diagnosis and intervention, and advocacy. Her work has helped her understand autism better and has inspired her to write poems, some from the perspective of autistic children.