

FINLAND - POEMS

Tryck någon ner,
Du når aldrig toppen.
Tär på någons själ,
Du blir själv aldrig hel.
Genom att bara stirra på andra,
Ser du aldrig dig själv.

Anonymous, Finland

By pushing somebody down,
You won't reach the top.
By treating poorly
somebody's soul,
You won't be healed.
By focusing only on others,
You won't ever see yourself.

Kyla, elaka ord leder till sorg.
Värme och vänlighet till glädje.
Sorg föder mera sorg.
Glädje mer glädje.
Valet är ditt.

- Anonymous, Finland

Coldness, mean words lead to sadness.
Warmth and kindness to joy.
Sadness leads to more sadness.
Joy to more joy.
It's your choice.

Ensamheten

Där står trädet för sig själv
Mitt ute på min äng
Alla står och tittar på
Ingen vill dit fram gå
Någon borde dit gå fram
Bjuda ut sin hjälpsamma hand



Loneliness

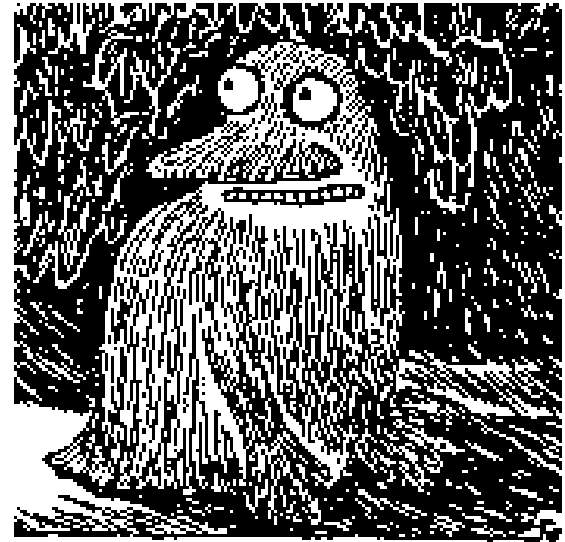
There is the tree
Standing all for itself
Everyone's watching
No one wants to go there
Someone should step forward
And offer her a helpfull hand

Lonely and alone
Only by myself
No one around
Every day all the time
Left out by people
Yearning for company

Ira & Mette 8B, Finland

Fear
too sad
lonely and cold
Why is everyone afraid?
Pity

Evelinn and Sara 8B Finland



The Groke, illustration by Tove Jansson

Scared
and terrified
I'm always lonely
I just need someone
HELP!

Viktor, Anton and Touko 8B Finland

Smile

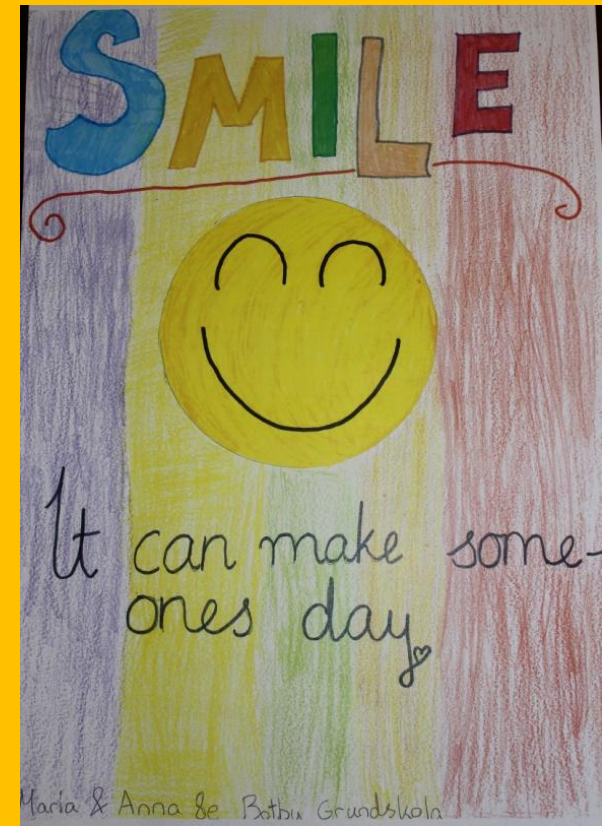
That lady you smiled to on the bus was feeling sad
and you made her smile.

The neighbor from next door was having a really bad day
and a simple "Hi" made him feel a bit happier.

The old lady you stopped and talked to for a while was feeling lonely
and this made her day.

So smile and be polite, it's a simple and a free way
to make someone's day a bit better.

Wilma Engström



Feeling weak

Always be brave

I will stand up for myself

Tell everyone you are strong

Have faith in yourself

Aida and Pooja 9B, Finland

Takes time to obtain

Realize it's earned not given

Understand that everyone is different

Show you're worthy of receiving

Trust is like a paper once destroyed
it will never be the same again

Mette 8B Finland

Sorrow in my heart
Always feeling down
Disappointed in myself
Negative feelings
Endless pain
Stop ignoring me
Shouting for help

poem written by class 8B, Finland

Pressure on my chest

A feeling of something heavy over me

Nights are the worst

I have a fake smile on

Can anybody see that?

Anonymous, Finland