

Sometimes things can be tough It feels lonely and we're blue But I promise you're not alone There's a star named after you.

Sometimes the ones we love can't understand us well enough It's ok, as long as they're safe Their stars will help them too.







If dad and mom argue too much and can't agree in any way It's not your fault, you know! There's a star named after you.

If your brother or sister is mean It might be they're afraid or angry Smile. So they don't feel overseen There are stars named after all of you.

If a bully calls you ugly names and everyone thinks it's a game and you feel sad and abandoned There's a star named after you.

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If the homework is difficult It's not because you're not smart but your mind hides brilliant art Shine like the star named after you. If someone hurts your body Say "No!" and don't you worry I love you, and you're strong There's a star named after you.

If you get lost and all alone and everything seems unknown Take a step back and breathe Your star will guide you home.

Sometimes there's no fuss So we say "Thank you" And help the ones who need us There are stars named after them too.



I'll be your star I'll look out for you You're precious as you are How lucky am I as a star to have a treasure like you!



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"There's a star named after you" is a self-empowering educational children poem. Children are white canvases, and what we tell them will be imprinted in their subconscious. This poem weaves positive psychology in simple scenarios any child may encounter. The star is a symbol of love, strength and support and everyone has one named after them. It can be read with the child to build his or her self-confidence and self-love. It also encourages social compassion.

"If the homework is difficult It's not because you're not smart but your mind hides brilliant art Shine like the star named after you".

> **Aya Bader** developed a passion since childhood for writing and art, especially fine art such as poetry. She has a BA in Art and Humanities with Creative Writing and Philosophy. Her educational background has given her insights on many topics. Her multicultural environment gives her a unique perspective and allows her to be a mediator between cultures. Find her contributions at Unspotted.gr.

DENMARK, MAY 2020 ILLUSTRATOR VICKY SGOURELLI TEXT AYA BADER GRAPHIC DESIGNER ILIANA STEFAKI PAGE PUBLISHED www.unspotted.gr ISBN: 978-87-94041-00-3