

Lost and Found

By Ashby Edwards

1st Place in the Under 11 Age Category

This is my poem about the struggles an Audhd person has when being in a regular classroom. I wrote this about my time at school whilst in my final term of Primary school. I performed this poem at a poetry slam so people could understand what it's like in a classroom when you have a very active brain and function differently!

Lost and Found

Pinging and zinging,

Winging things well,

The swell of ambition Grabbing me,

Taking me, thinking me up

Creativity.

Gorgeous.

Glorious.

Going in-your-face ideas

Slamming me through walls,

Make an entrance type,

No warning to her,

Just me.

Softer than silk, fur,

A blur of colour,

Things to do.

And I'm truly true.
Shining through,
Fragile Superstar.
But then Demanding,
Grating, Gruelling, Pushing,
Shushing my song and it's...
Wrong.
And it's long.
Longer than long.
No!
Gone.
Lost in a sea of shame.
Mortified and embarrassed
Fists, Tears,
Fears sear my soul.
A swirl of slashing, sliding,
Overriding.
Lost in a storm.
Born to live in a storm.
Torn from fame, turned to
Shame.
HELP.
Me.
Be.
FREE.
Gentle.

Problems.

An urge too strong

To right a wrong

Not yet. I'll

Forget my troubles

Miraculous me!

Everybody smiles

Vile returns.

Though it burns,

I have all I will need.

To succeed in standing,

Higher than ever.

Never stop.

Ideas buzzing and buzzing ideas

Lingering worry

Gone.

Deep breath.

And I soar.

And I fly.

So happy

So free

Scared but ready.

And I am found again.