

Poem about smoking

Have you heard that smoking kills?
It makes you cranky, so you go on pills.
It brings you up it brings you down.
Until you feel you've hit the ground.
You want them more as time goes on.
But soon the cigarettes in the packet are gone!

When you smoke the tar gets stuck.
Inside, your lungs are out of luck!
You can get cancer and then you die
The tumour grows inside
They're harder to go off than on.
Believe me you must be strong.
It's like not eating your favourite food
If you think about it you never would.

The nicotine is the worst
It makes you want to burst
It is the most addicting thing
Inside your cigarette and brain
When you start you cannot stop
Until later in life you simply drop
So when that dreadful moment comes
Think about this poem
If someone asks if you want a cigarette just say no and don't forget.



Smoking Poem

Giving up smoking is never easy
The idea of quitting might even make you queasy
But there are benefits, yes, there's plenty
So stop smoking on all those minty's

Did you know that when you quit
Your body's recovery is quite quick
After one day your lungs will start to clear
In two the nicotine will disappear

Then your senses of taste and smell will improve
You'll be able to tell breathings easier
Energy will increase
And all those cravings will soon cease

In two weeks your circulation improves
In a year your risk of heart attack moves
In ten years your risk of lung cancer will fall
So come on and give it a call

You'll save yourself loads of money
And won't smell so scummy
Your whole life will cost you less
And soon you'll feel the very best

You know it makes sense and follow the plan
To see how your body's recovering, you can
Notice the changes, fell the effects
Fell proud of yourself I have respect

