

# freedom



Arctic Tern, *Sterna paradisaea*



## Reflect on what freedom means for you

The silver tern is famous for being the bird species on earth with the longest migration. Imagine being able to fly unhindered all over the globe, what a feeling of freedom - to just leave everything and leave. In 1948, the United Nations adopted the Universal Declaration of Human Rights. It is a document that serves as a global guide to freedom and equality. Finland is a free country, where human rights are respected. Do you think that all people in the world have the opportunity to live a free life, why-why not? What does freedom mean to you?



## Use your senses

The silver tern hunts by gliding over the sea surface and locates small fish with sight. When it sees a suitable prey, it pulls its wings together and plunges into the water to catch small fish that are close to the surface. Stop exactly where you are right now. Look around, can you, in the same way as the silver tern, find small details in your surroundings? Look for a rock or stone, look at the pattern and feel the surface with your finger. Do you find a pattern that represents something, for example in the lichen or in the structure of the surface?

