

# Poetry.



Poetry can be an amazing way to creatively express your thoughts and feelings.

Experiment with some different poetry and creative writing techniques to find out your own unique style.

Poetry doesn't have to follow any specific format or conform to anyone else's ideas.

Lots of people use poetry to transform difficult feelings and experiences into powerful pieces of self-expression.

# Feelings poem

1

We are going to create a poem based on our feelings, using metaphors.

You will need: Paper, a pen or pencil and a watch or timer.



Remember that good poems and songs can come from bad feelings too!

## Step One:

Create a metaphor for the way you are feeling today, for example:

“Today I am a lead balloon, heavy and not fun”

How many can you create?

## Step Two:

Choose your favourite one and write it down on a piece of paper.

**Freewrite** for two minutes based on that metaphor.

For

example you could write for two minutes about what it might be like to be a lead balloon.

A metaphor is when you use one thing to illustrate another. They can be a great way to describe your feelings.

A **freewrite** is when you write for a short time without stopping at all, to see what ideas can come up when you don't think too hard.

This is only for you, so spelling and grammar aren't important. If you feel stuck just write “I don't know what to write right now.”

# Feelings poem

## Step Three:

When two minutes is up, read your **freewrite**.  
Underline the parts you like best to put into your poem.

## Step Four:

Put your favourite parts together to make your poem.

It can be short or long - it's your choice. You could even make it rhyme!



You could now make an illustration for your poem, and share it with your keyworker, a friend or someone else you trust.

# Getting on with people poem

1

Create a list poem about relationships, and what it is like to get on with people (or not get on with people!)

- You will need: Nothing! Just type your poem into the text box, finishing the sentence however you want



Write as quickly as you can, without thinking too hard. You can always change it later.

*Example:*

*A good friend is honest*

*A good friend jokes with me, not about me*

Now it's your turn!

A good friend

A good friend

A good friend

A good friend

A good friend

A good friend

A good friend

A good friend

# Getting on with people poem

From your list, copy and paste your favourite 4 sentences to make a short poem.  
If you want you can make it longer.

A good friend

A good friend

A good friend

A good friend

Relationships - good or bad - are a great subject for a poem!

You could share your poem with your keyworker, a friend or someone else you trust.



Well done! Now find a piece of paper and create an illustration for your poem.

# Dreams poem

Create an acrostic poem about your dreams for the future.

You may have written an acrostic poem before.  
Here's an example:

Frightening  
Eerie and strange  
Anxiety rises  
Ready to run

Try writing an acrostic about your dreams for the future.

**D**  
**R**  
**E**  
**A**  
**M**  
**S**

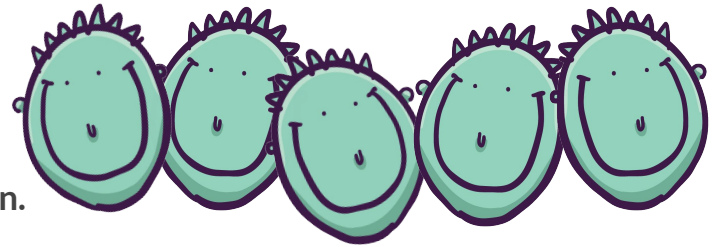


An acrostic poem is a poem using the letters of a word to start the first word of each line.  
The word is also the theme of the poem.

You could now make an illustration for your poem, and share it with your keyworker, a friend or someone else you trust.

What other Acrostic poems could you create?  
Here are some ideas: FUTURE, CREATIVITY, HAPPINESS, WISHES - or come up with your own!

# Myself Poem



1

Create a poem about yourself, and what you are like as a person.

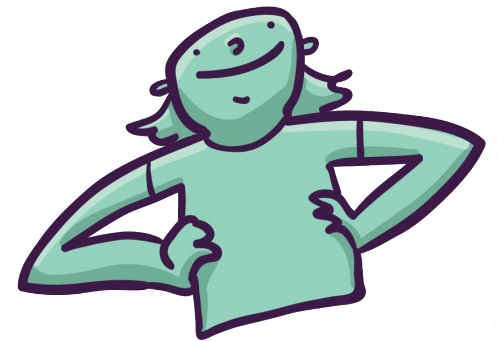
- You can come up with some fantastic poetry using a ‘free-write’.
- A free-write is when you write for a short time without stopping at all, to see what ideas can come up when you don’t think too hard.

**You will need:** Paper, a pen and a watch or timer.

- Write the following starter at the top of your page:  
“If you really knew me you would know...”
- Time yourself for 2 minutes and finish that sentence writing whatever comes into your head.

(This is only for you, so spelling and grammar aren’t important. If you feel stuck just keep writing

*“If you really knew me you’d know I am amazing”* until you get a new idea.)



# Myself Poem

- After two minutes have passed, look through your writing.
- Choose four lines to create your poem. If you feel inspired to write more, you can make your poem longer!



You could create an illustration for your poem, if you like.

You could share your poem with a friend or someone else you trust.