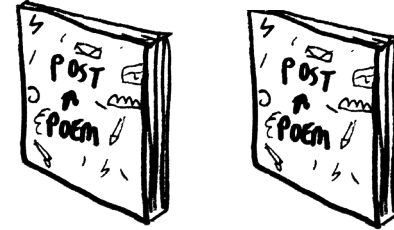


POST A POEM



You should have two copies of this book



give the other one to someone you want to swap poems with



work through the book and write poems



write a poem for the other person with the book



post it with the envelope at the back



WHAT IS A POEM AND WHY SHOULD I WRITE ONE?

The Oxford English Dictionary definition for poem:

A piece of writing in which the expression of feelings and ideas is given intensity by particular attention to diction (sometimes involving rhyme), rhythm, and imagery.

This feels like a good place to start

What I like about poetry is its ability to take a concept or feeling that might be hard to express, and distill it down

Poetry can be a good way of describing how you are feeling or thinking about something or someone.

I think that poems can be quite good for sorting things out in your head, for trying to understand how you are feeling yourself a bit better by taking the time to write it down and really think about it.

I think they can also be good for telling someone how you feel. Maybe you could write a poem to let someone know that you appreciate them being there for you, let them know that you miss them, or just to remind them of how important they are to you.

POST A POEM

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Writing Prompts

If you ever get stuck for ideas on what to write about, writing prompts can be a good place to start. Here are some examples of somethings you could write about:

Thank someone for something you have never thanked them for

Tell someone about something that reminded you of them recently

Tell them about a time they made you laugh

Talk about your favourite memory of them

Talk about how you would you would do if you could see them now

Imagine a conversation you might have

Talk about a something they did that made you feel better

Warm Up

FREE WRITING

The exercise I find most useful when starting to write is *free writing*.

Free writing is where you continue to write for a period of time, without stopping and without going over anything. Just writing the first things that come to your head without judging them or having any particular direction.

I always find this to be a good way to let go creatively.

When you are done you can look over all what you have written and see if there is anything in it that stands out?

Maybe there is an opening line? Maybe an idea that you like?

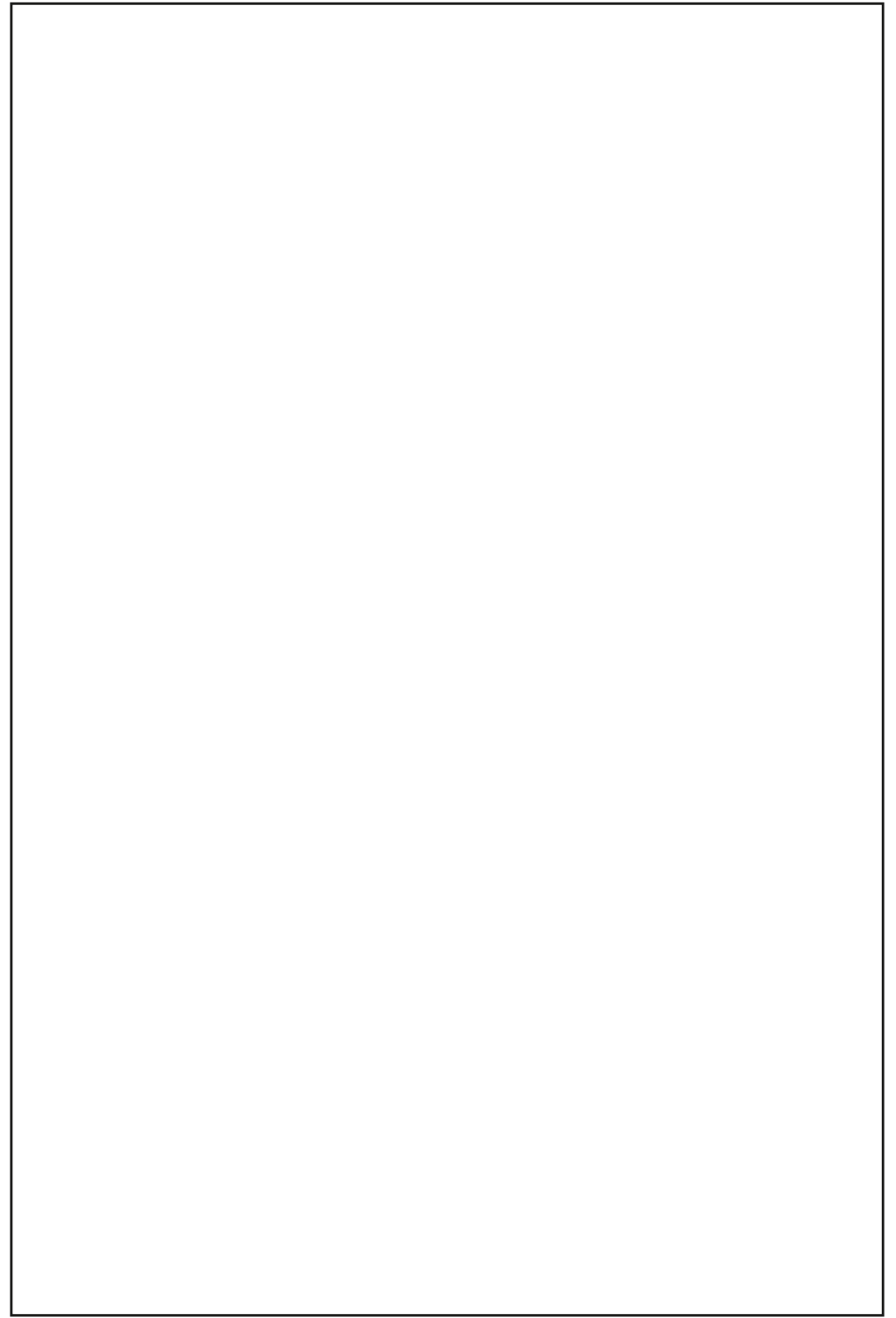
I have left space over the next pages for some free writing. If you can, time yourself and try to do it for 5 mins.

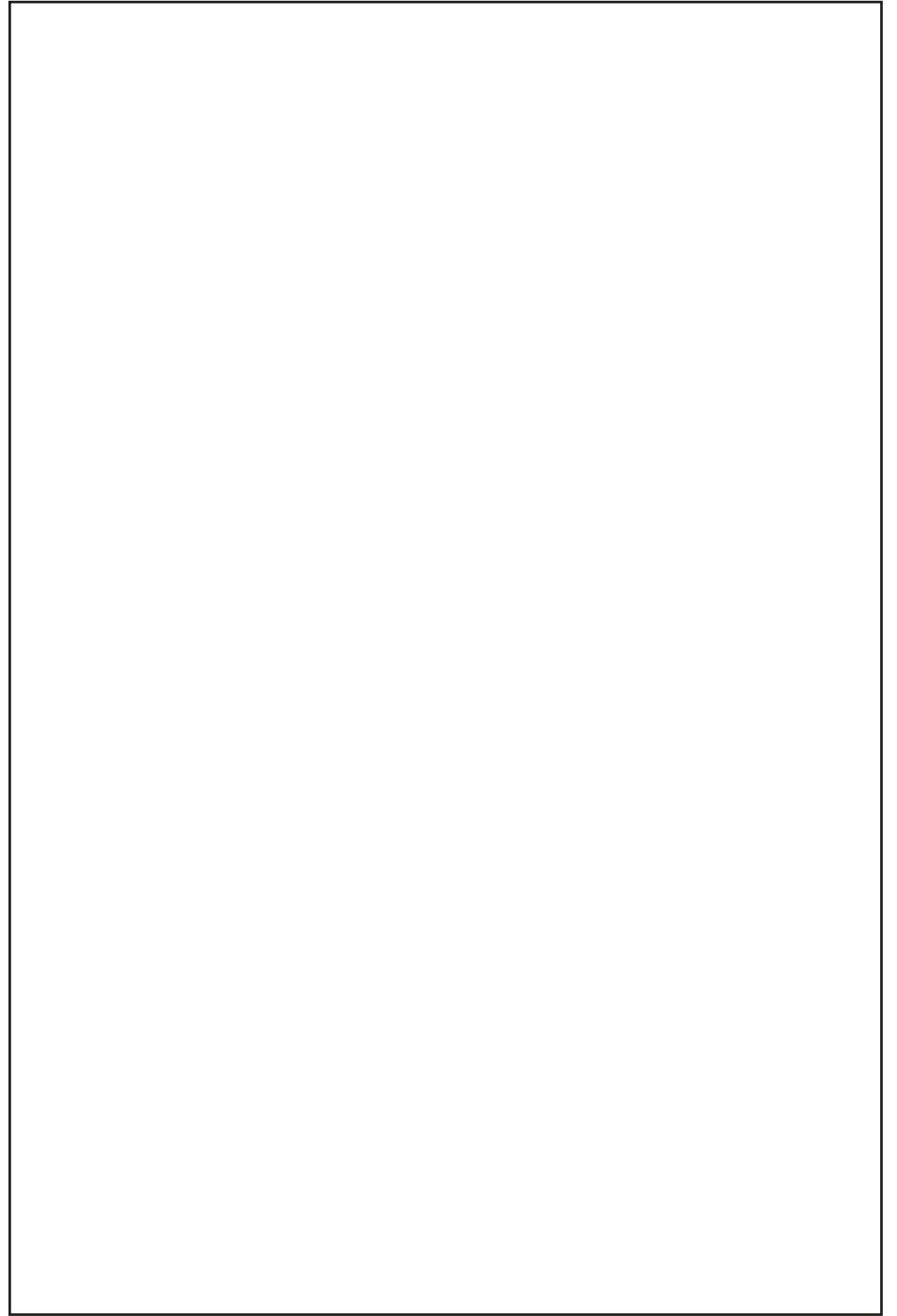
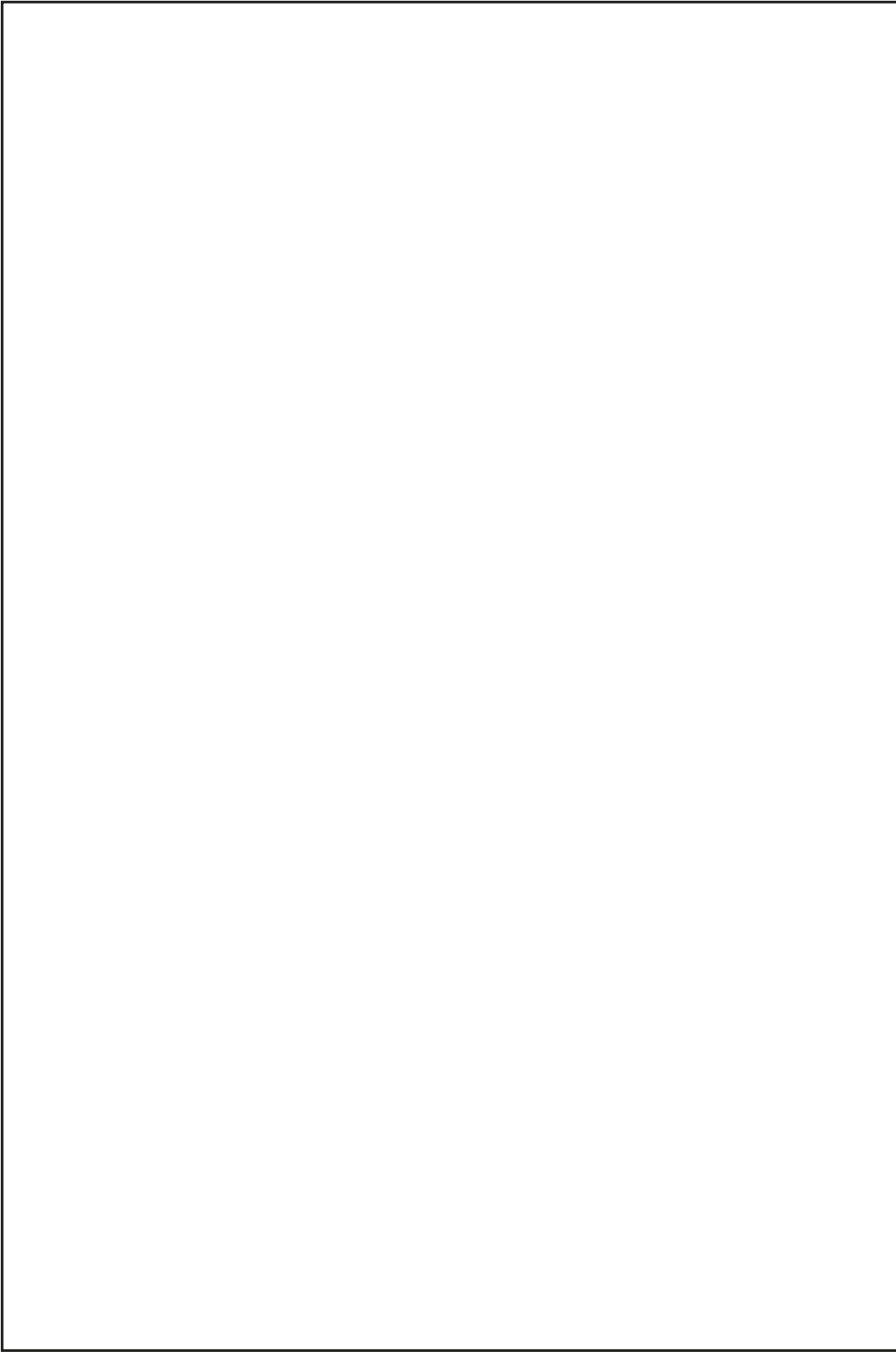
Remember that this is open and not to stress about what you say, this is an opportunity for you to let go and just write.

There are plenty of pages for you to come back and try again whenever you feel like it.

Space for free writing

A large, empty rectangular box with a thin black border, intended for free writing. It occupies the right half of the page.





Technique

RHYME

Rhyming is one of the most common techniques in poetry.

Simple rhymes like CAT and MAT are shorter and share the same ending. These are known as single syllable rhymes, because they share just one syllable that is the same (the AT).

But you can make the rhymes more complex by adding extra syllables:

For example two syllables:

Wombat, Place mat, Doormat, Straw hat

Three syllables:

Acrobat, Vampire bat, habitat, thermostat

The next pages are for you to practice some rhymes.

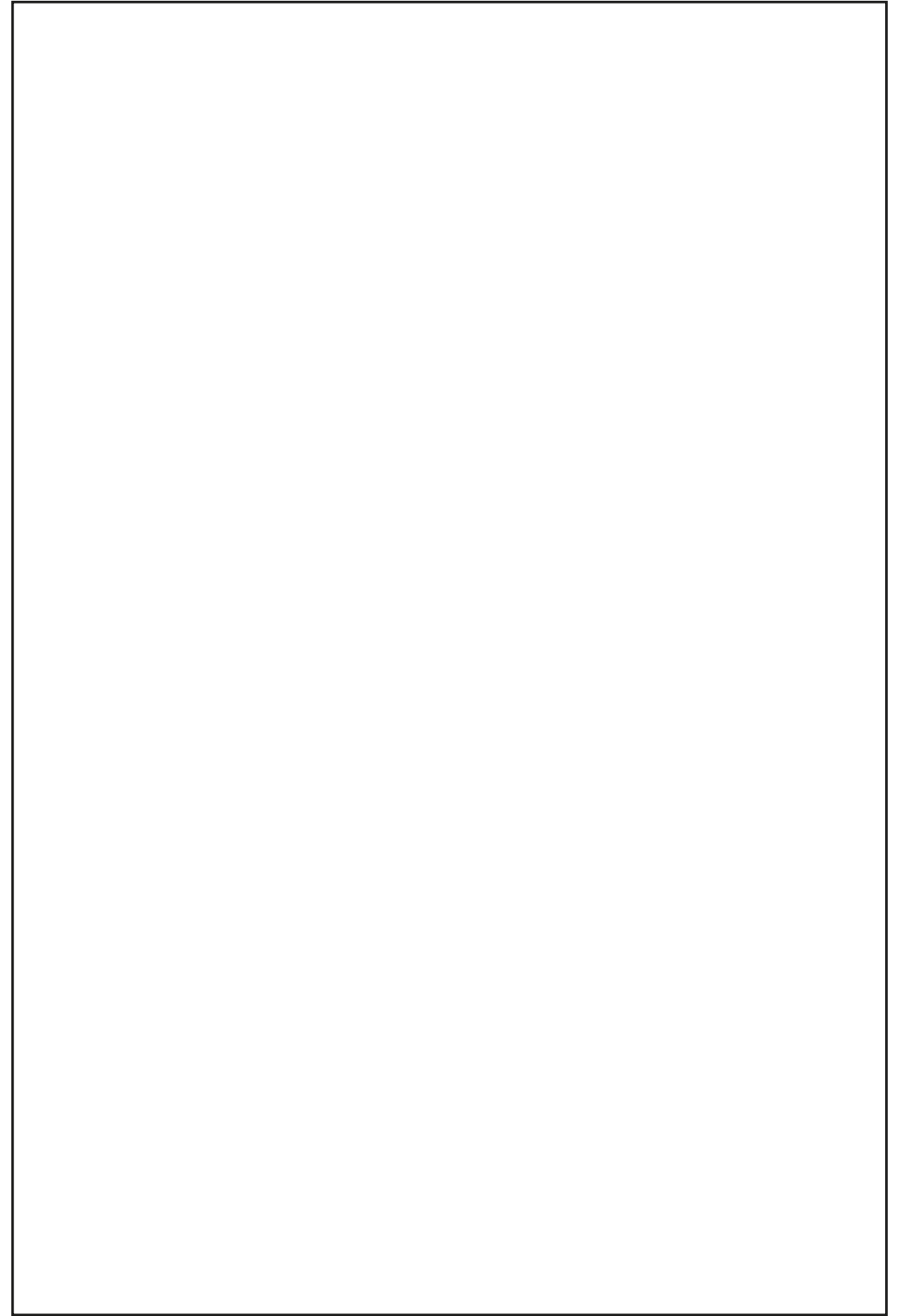
Pick a word at random and try to come up with as many rhymes as possible.

If you want to make it more challenging, try to come up with a rhyme with more syllables. Can you get more than this eight syllable rhyme?

Hope - Astronomical telescope

Write your rhymes here

A large, empty rectangular box with a thin black border, intended for writing rhymes. It occupies the right half of the page.



Technique

IMAGERY

One of the most important techniques in poetry is imagery.

Imagery is using the written word to create an image or feeling. This is important because it gives the reader a deeper understanding of what you are trying to express.

Here are two examples of image techniques called metaphor and simile:

Simile

Simile is used to compare two things. To create a simile we can use words such as "like " or "as" to compare two things in an interesting way. Here is an example:

My coffee is as cold as the North Sea water.

By comparing my coffee to the arctic I am creating the image of a very cold coffee, more so than if I just said "my coffee is cold"

Metaphor

Metaphor is another imagery technique that compares things. However, unlike a simile where you say “like” or “as”, with a metaphor you are stating that it is something else, For example:

My coffee is the water from the North Sea

This creates a strong image where the reader now is making the connection between the coffee and the North Sea water. See how the image changes? Now rather than just temperature we are thinking of the senses involved with drinking cold, salty water.

Here are some more examples aimed towards describing people:

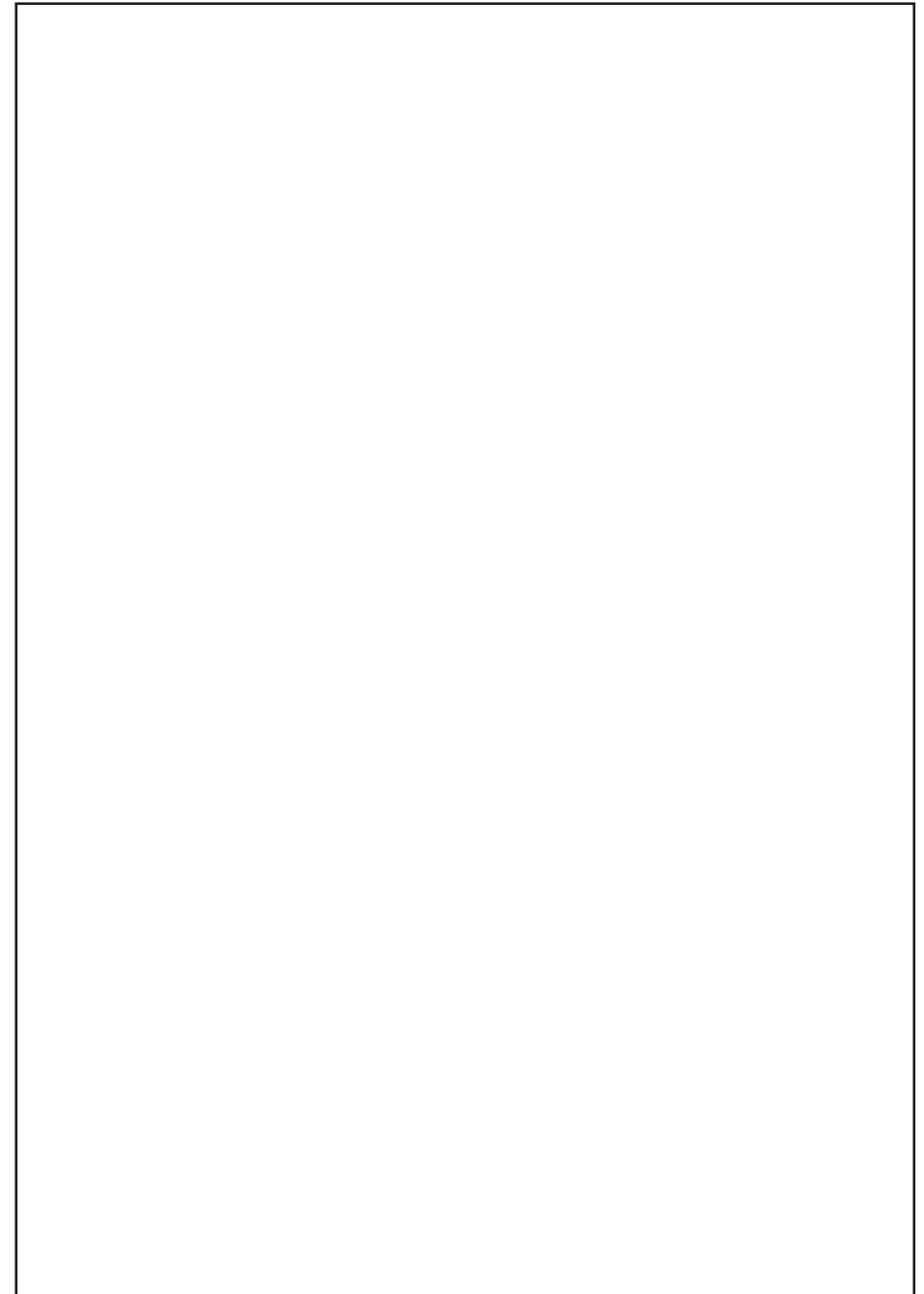
My sister’s laugh is like a wheezing dog

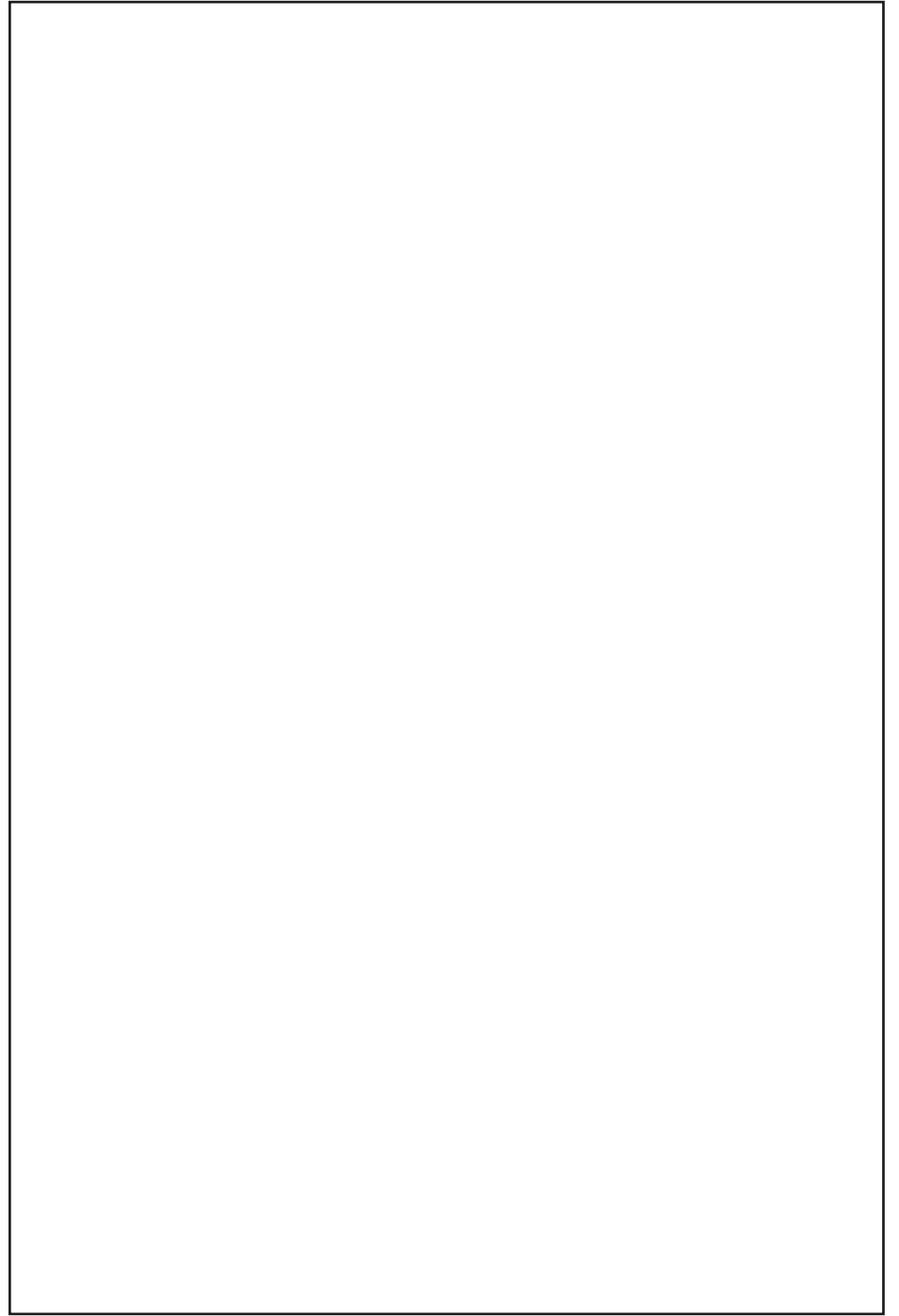
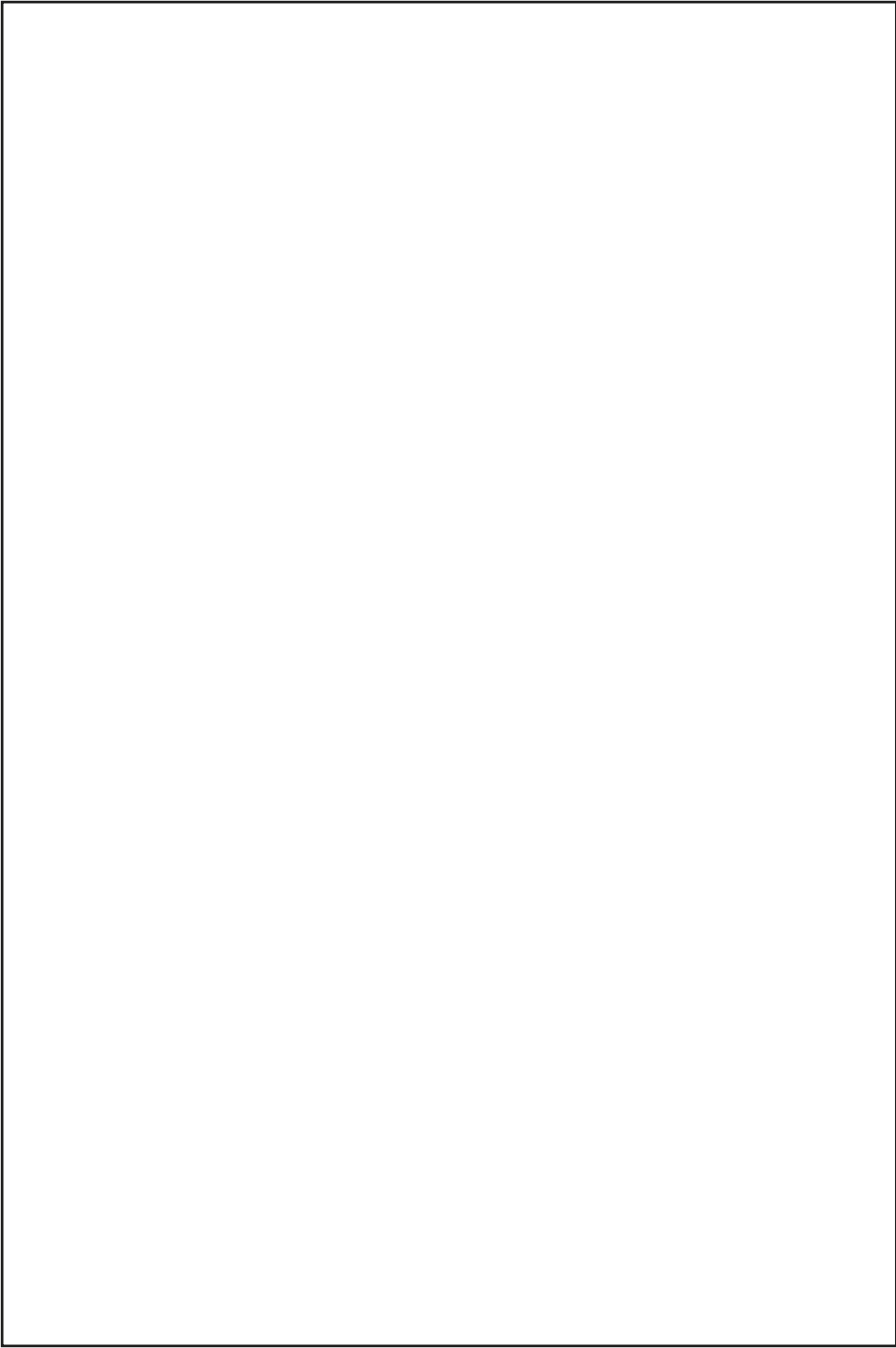
My mum is as strong as a castle wall

My friend is a lit firework in an antique shop

use this space for to create your own similes and metaphors. Maybe think of someone you know? How can you describe them with an image?

Create your images here





Form

LIST POEM

List poetry is one of the simplest forms of poetry.

It is simply a poem that has the structure of a list.

list poems are a good place to start if you haven't had a lot of experience in writing poetry.

Have a think about what the list could be, and what you are trying to say by using a list.

Think of things that are already ordered into lists. Maybe you could write a shopping list? A top ten list?

How could you use a list to express an idea or feeling?

On the next page you can see my example of a list poem. This is a list poem about my sister. It's about what we are going to do when we meet up next. What does it say about our relationship?

There is some space after for you to make your own list poem.

The next time I see you

I will go swimming with you in the loch
I will let you use the only wetsuit
And I will cry like a baby
because it's way colder than I thought it would be

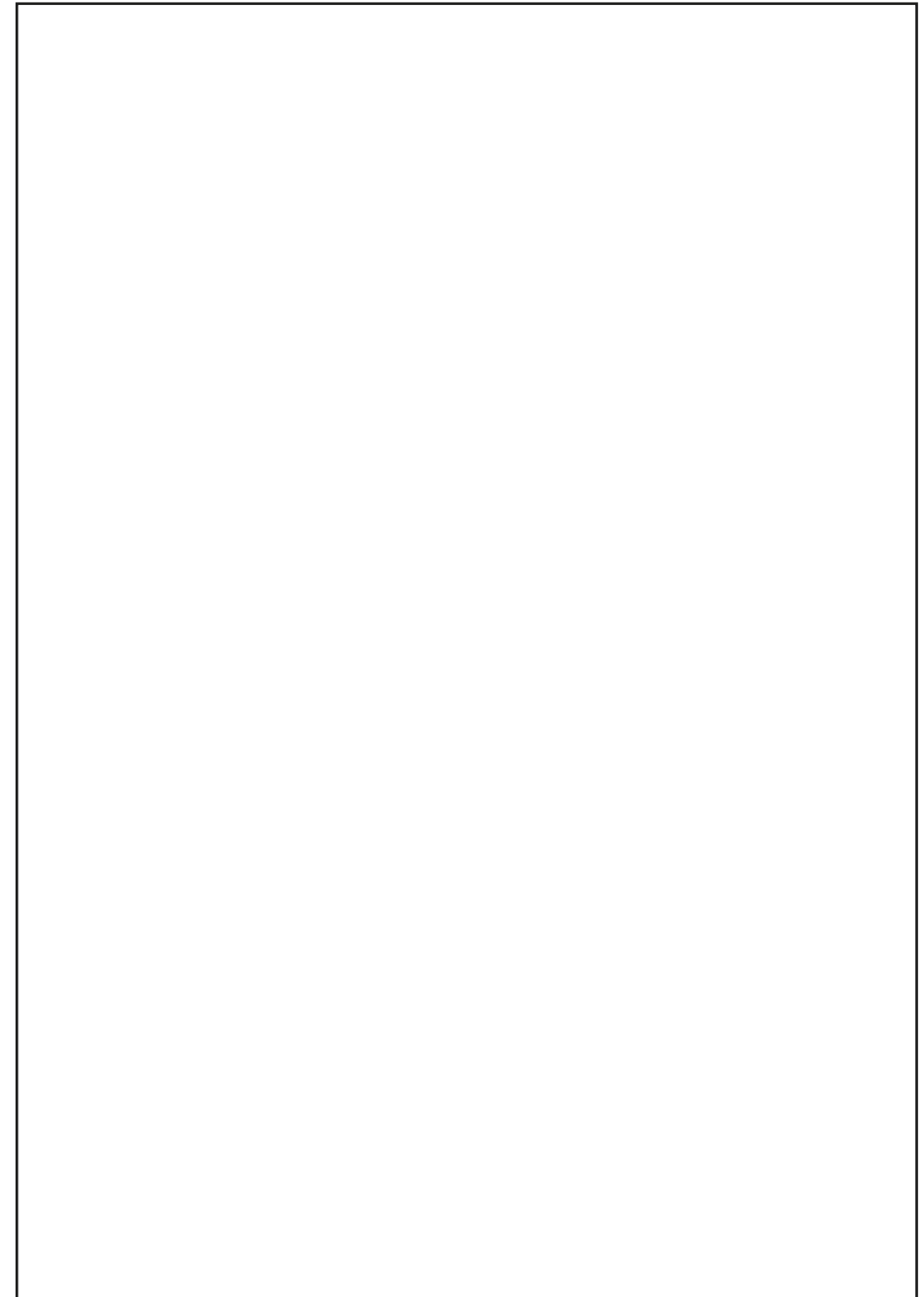
I will go with you to the cinema
I will stay until the end even if the film is boring
Because you bought the tickets
And I don't want to be rude

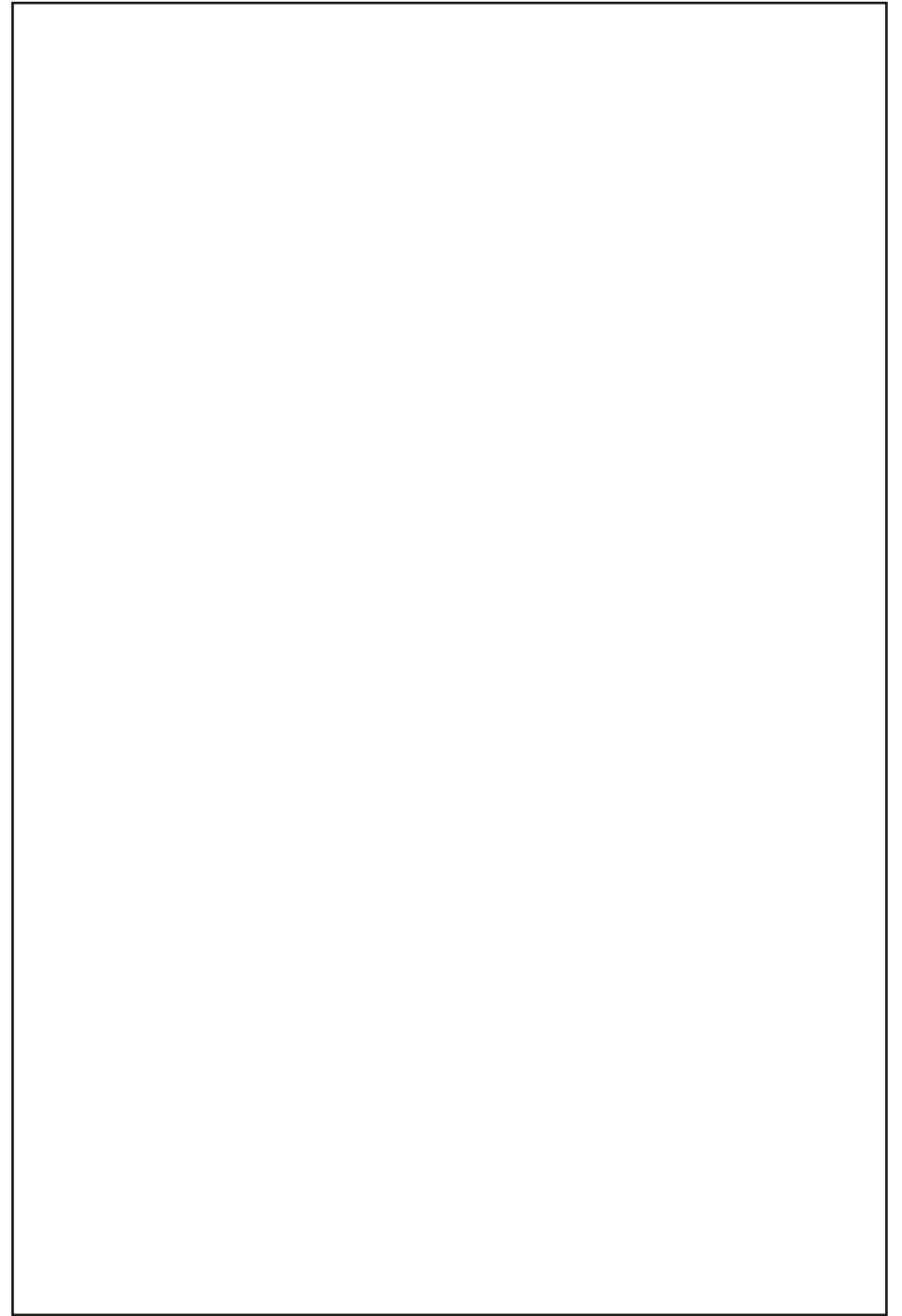
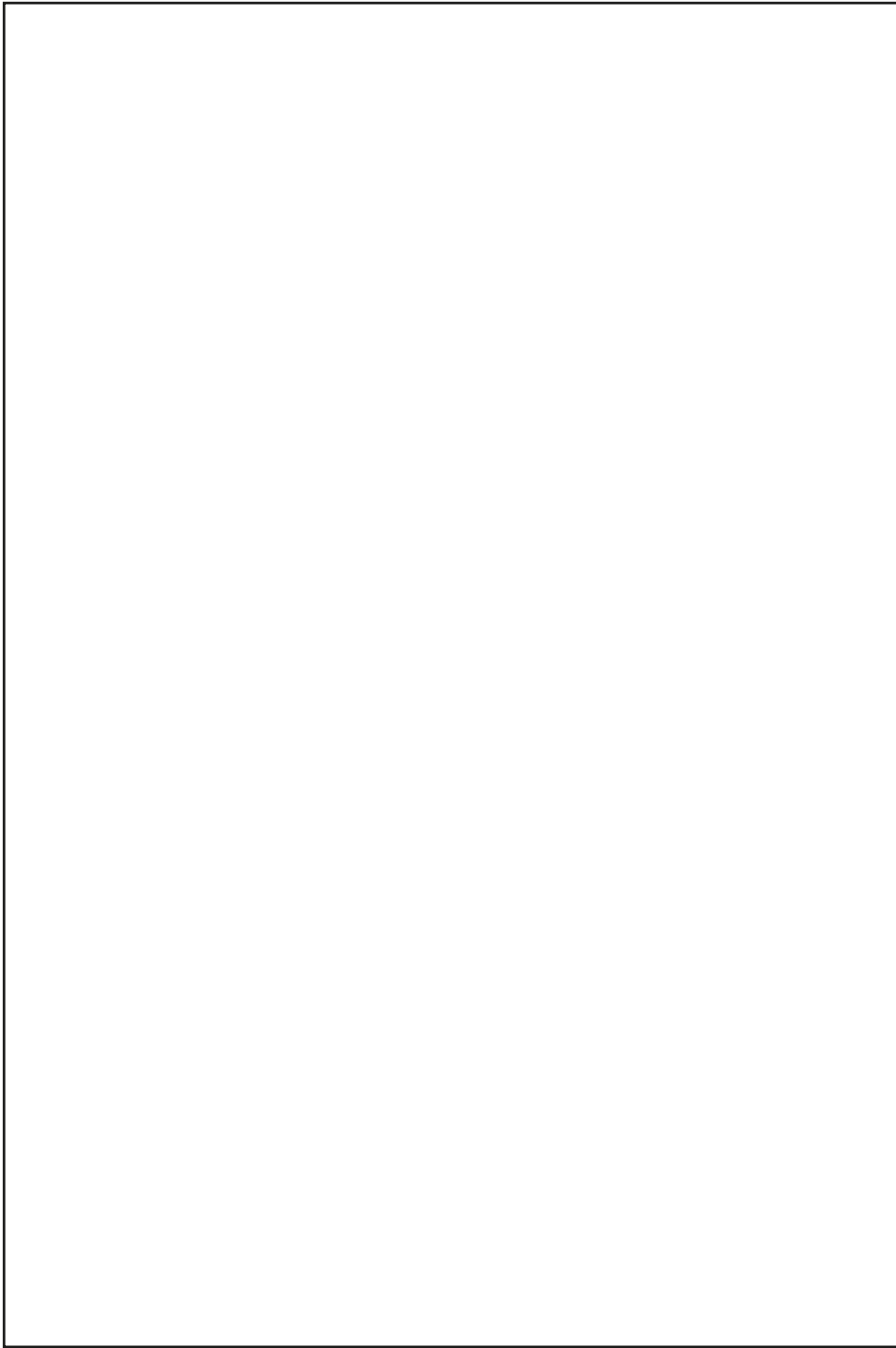
I will buy us tacos because it's my turn
I will try and order them in Spanish
though you can speak it better than me
I will accidentally order pork
Forgetting you are trying to be vegetarian

I will ask how you are getting on
I will help you with that problem
I will let you know that these things tend
To work themselves out over time

I will stay a few days longer than I planned
But I will have to go at some point
I won't lie about seeing you again soon
I will try my best to come back before christmas

Write your List Poem here





Form

NARRATIVE POEM

Narrative poetry is poetry that follows a Particular story structure.

The most simple of these structures is the classic beginning, middle and end.

However, you can experiment with whatever kind of structure you like.

Maybe your story starts at the end? Maybe the reader comes in halfway through?

Have a think about what you are trying to say with your story, maybe it's a true story that you want to remind someone of? If so, what parts are important? What images can you use to express a feeling or idea?

On the next page is my example of a narrative poem that I have written for my friend. It's about a camping trip we went on. Notice how it tells the story using beginning, middle and end.

There is space after for you to write your own narrative poem.

Camping

Running off redbull
And two hours sleep
You drive us up to the forest
On the banks of loch lomond

Armed with too much fire wood
A tent I haven't opened since that festival
And three packs of bacon
We manage to walk four miles
in five hours

You inform me that our water supply
Is on the roof of your car
Four miles of pitch black path north of here
And I unfurl the mould which is covered in tent

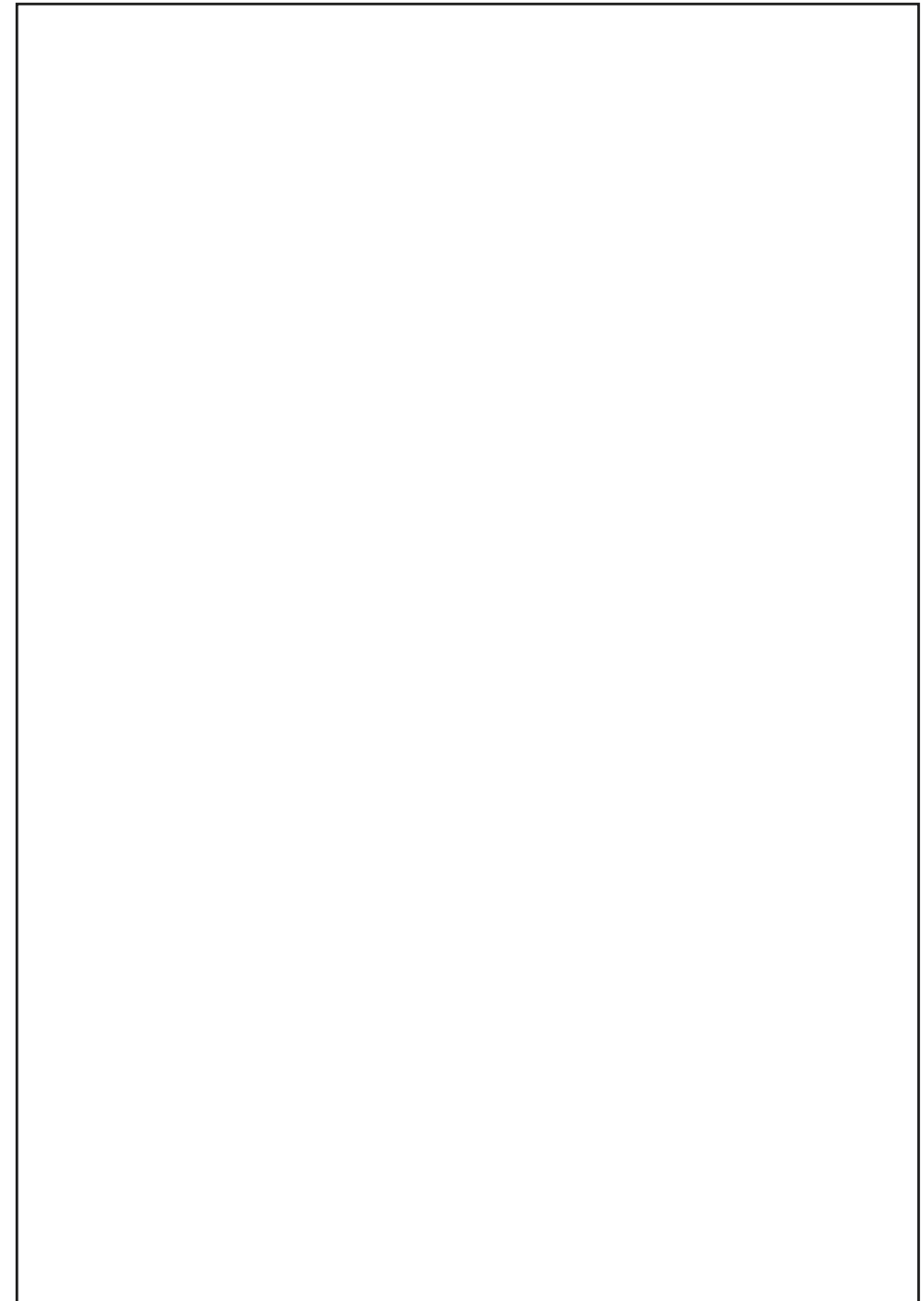
You start up the portable cooker
And try to connect the gas
Only to find you have mixed up the gas
For a bottle of nail polish

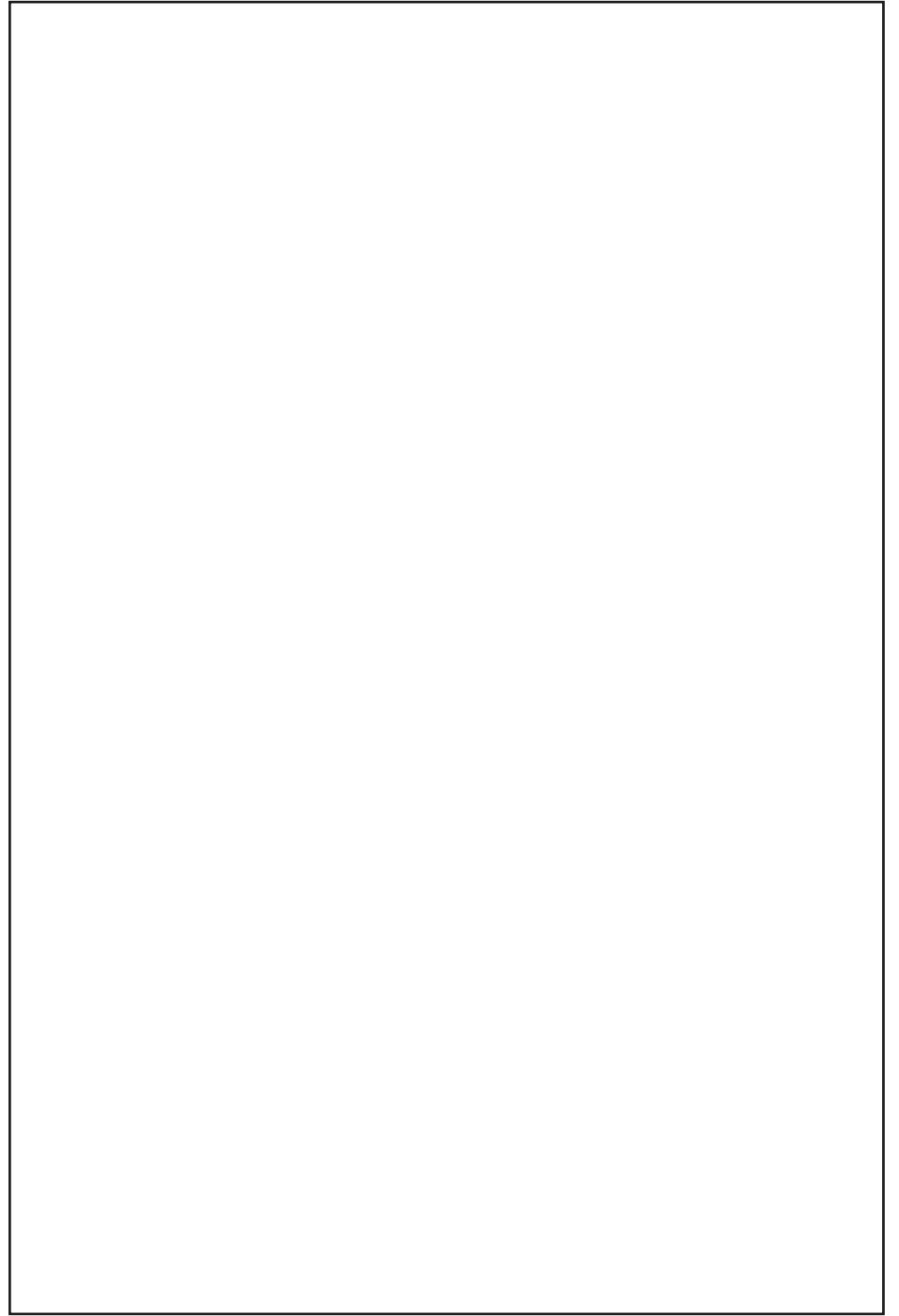
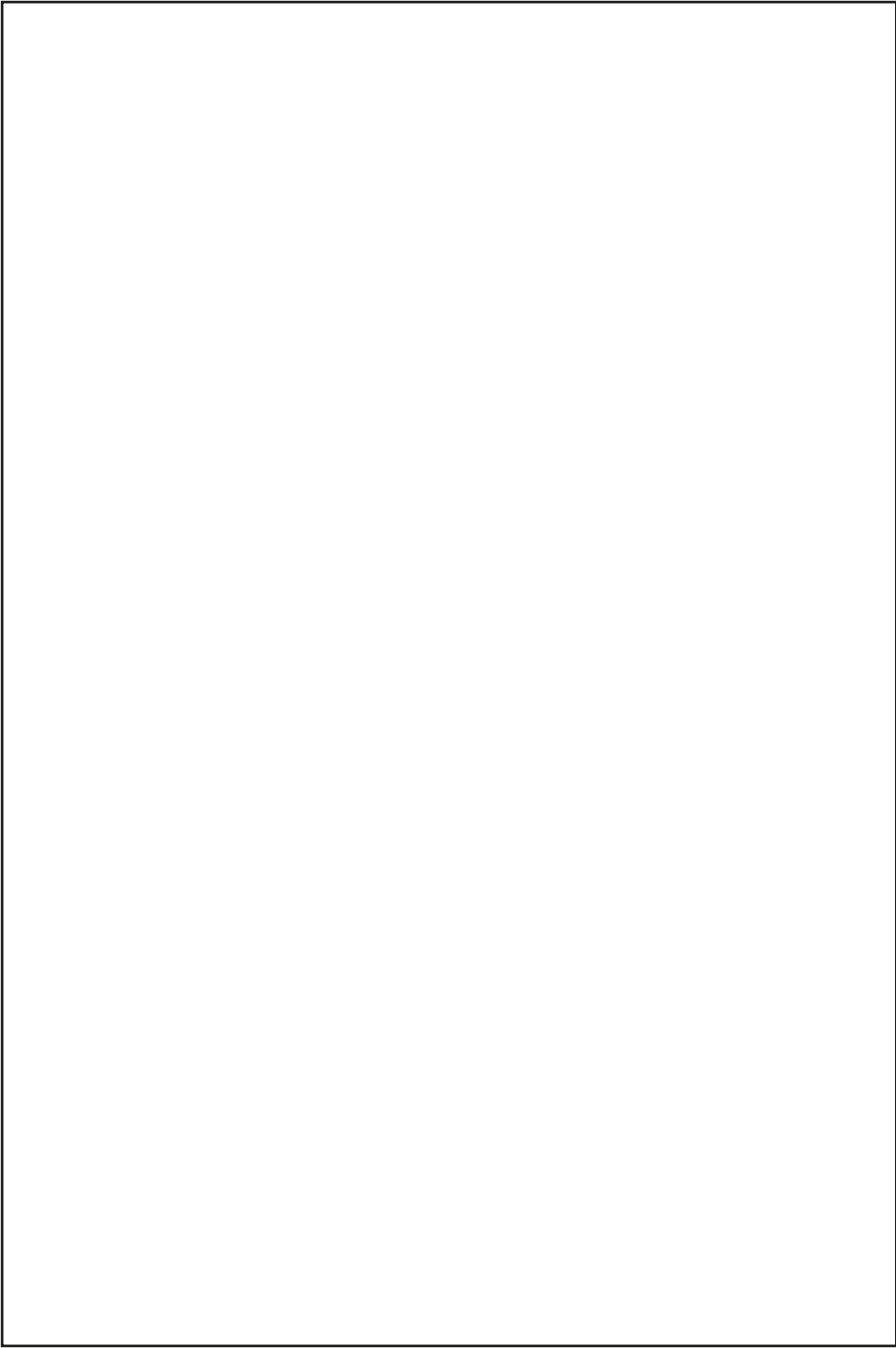
We start the fire
Blacken our bacon rashers
Charcoal in our mouths at the
Edge of the water
Luminescent from the moon

At some point
It becomes morning enough to leave
You drink from a stream
And I do not

We are freezing in your car
We a crying and we think its joy
We get about ten minutes up the road
Before we finally give in
And sleep

Write your Narrative Poem here





Form

FREE VERSE

Free verse poetry is a version of poetry that doesn't have any kind of structure at all.

Unlike other forms of poetry it does not have any particular rhyme schemes, verses, length or structure.

Free verse allows for a lot of space to explore a topic without being restricted.

It may look similar to the free writing exercise at the start of the book.

This is a space where you can really let go Creatively.

You can include any rhymes or images you like, it is up to you.

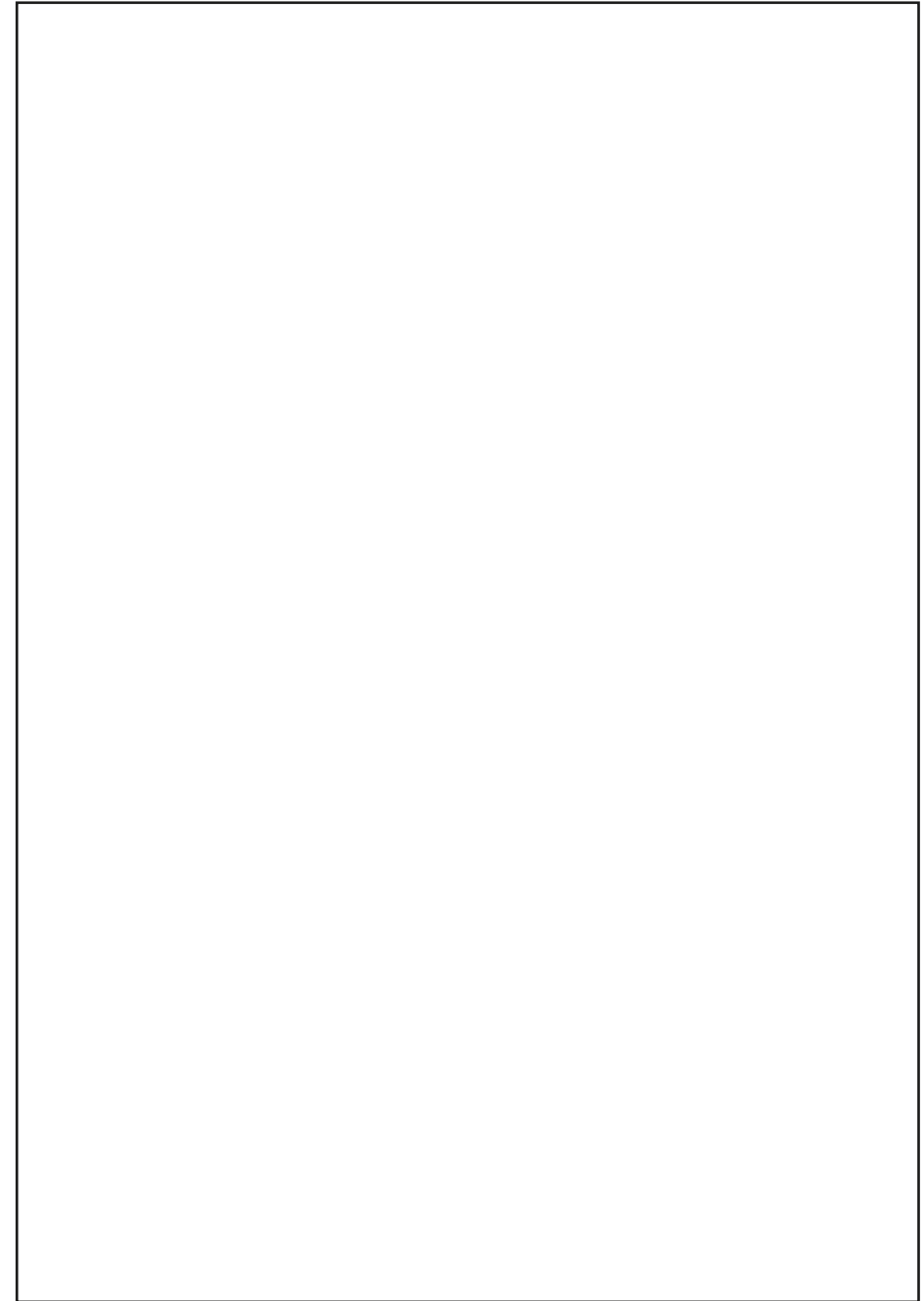
On the next page is a poem that I wrote in Free Verse for my Mum. It's about growing up and being apart. Notice how it reads like someone was just listening in to my train of thought

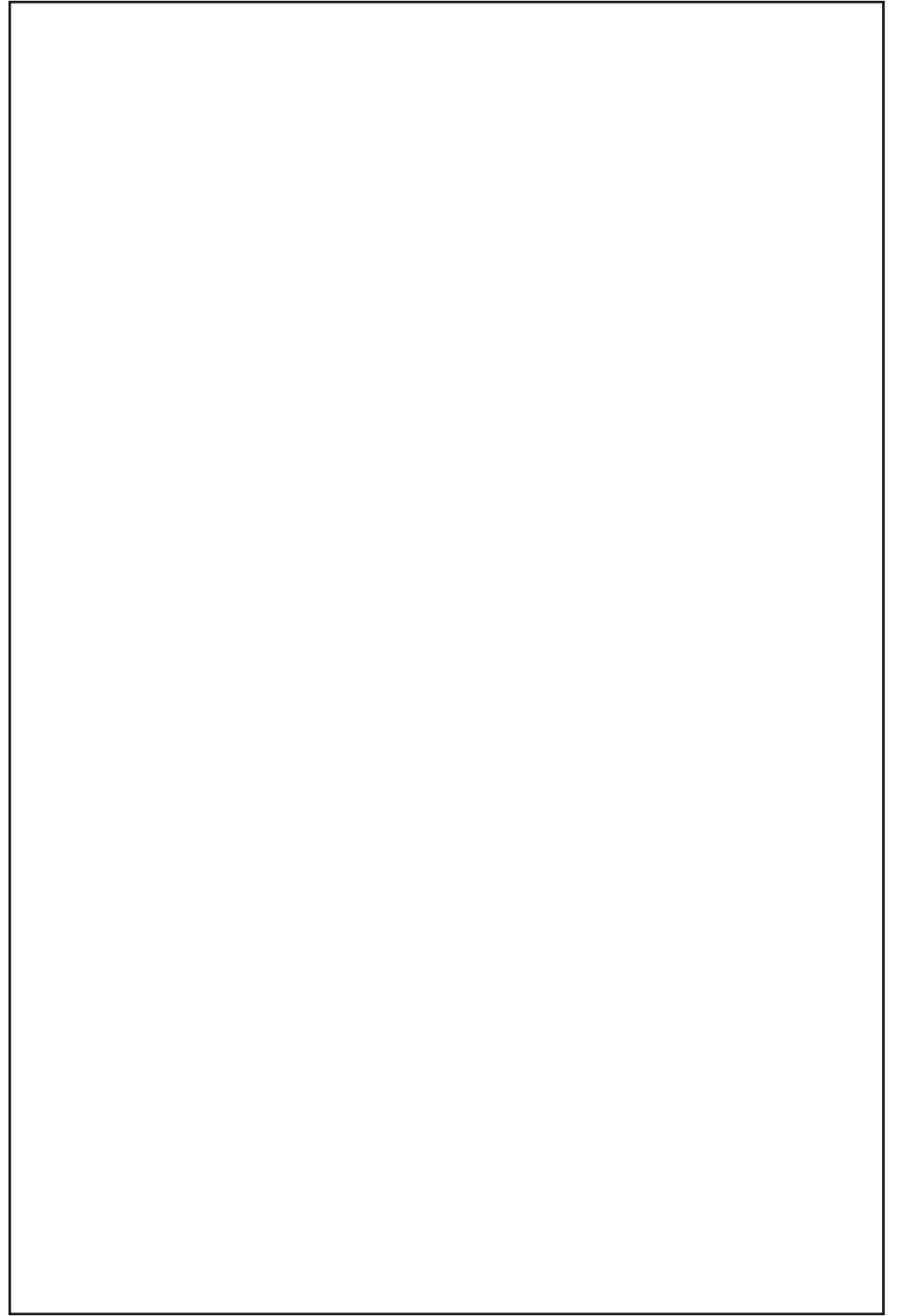
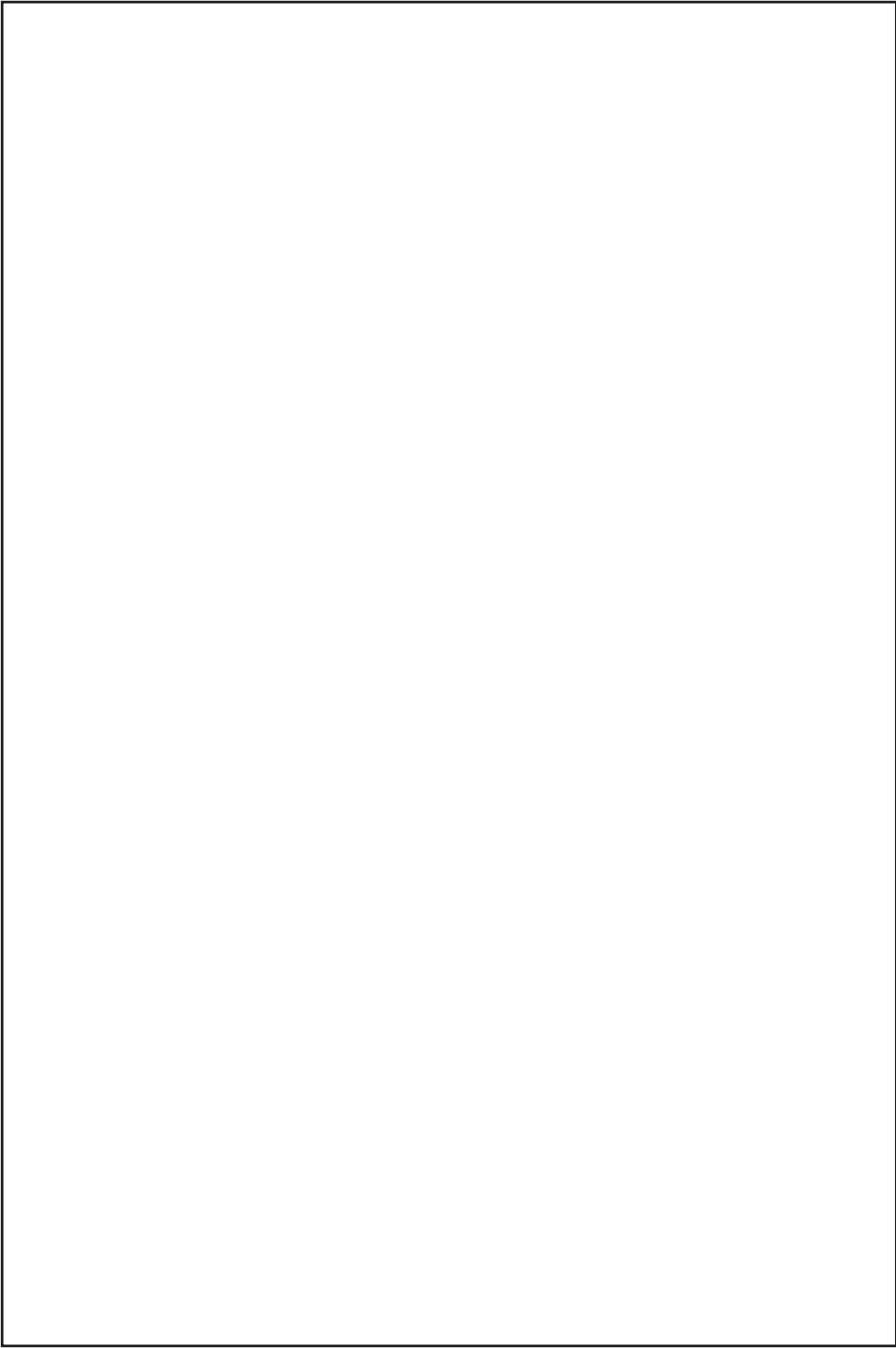
There is some space after for you to try writing a Free Verse poem.

Remembering Now

I can remember that you used to be able to lift me up.
Not anymore though.
I'm too heavy and you are too far away.
Also you would be lifting me up for a reason.
Like looking over the crowd to see Santa and his
reindeer in the town center,
or taking me out of the car when I'm going to be sick.
Now I know that's just some guy dressed up with a deer,
and while I still get motion sick
I do a better job of holding it in.
Sometimes I think about how
there was a time in my life
where I hadn't gone a day without seeing you.
One day that changed.
Maybe it was when I stayed over at Grans
or with my cousin or something.
I can't remember.
But now we are apart more often than not
and while I can't remember that first time
I can remember now.

Write your Free Verse Poem here





POEM FOR THE POST

I hope that you have found this book helpful.

I hope that you have written something that you
would like to share

The next pages are blank

This is your space to write a poem for someone

It can be a rewrite of something you have
already written

It can be something new

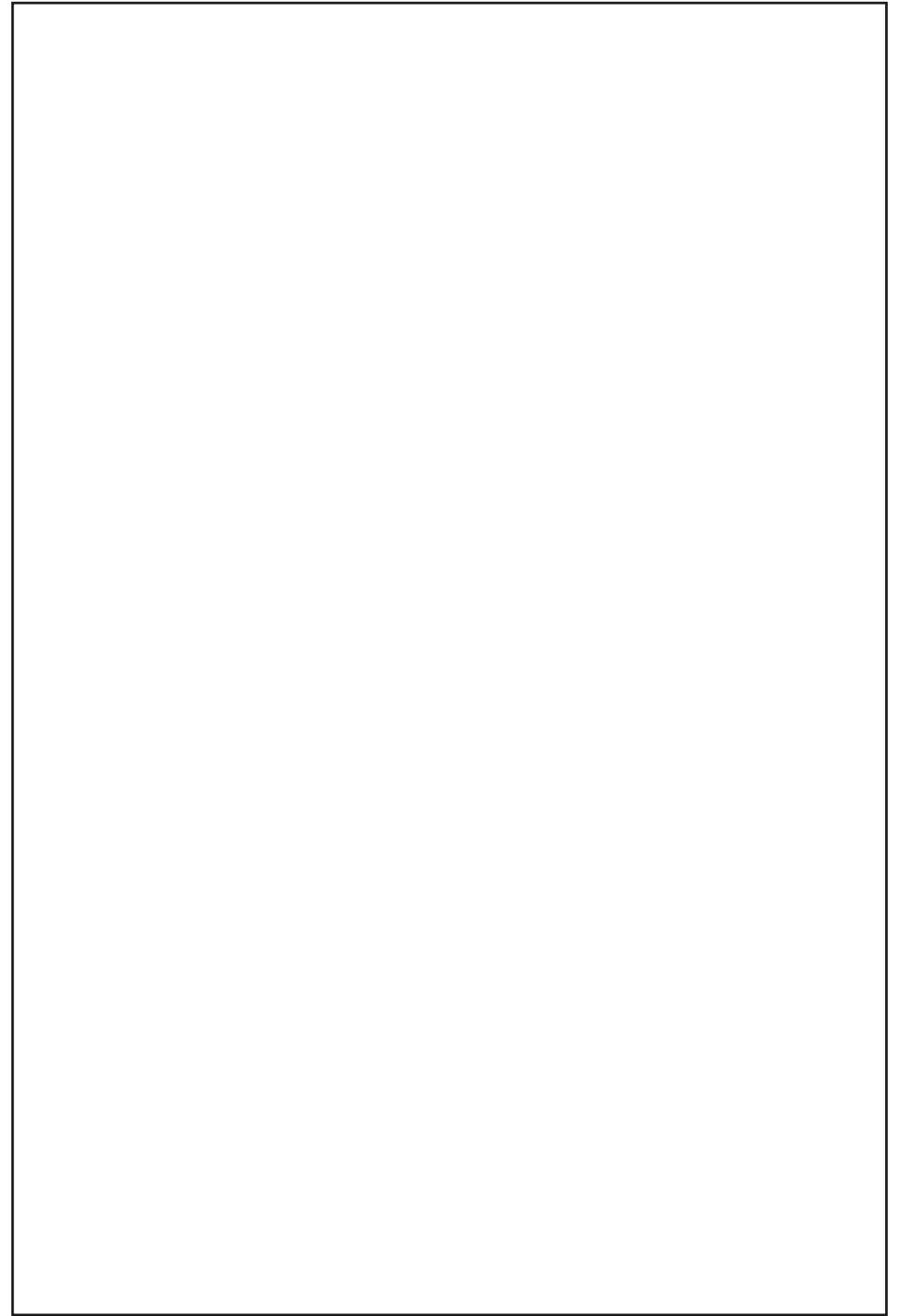
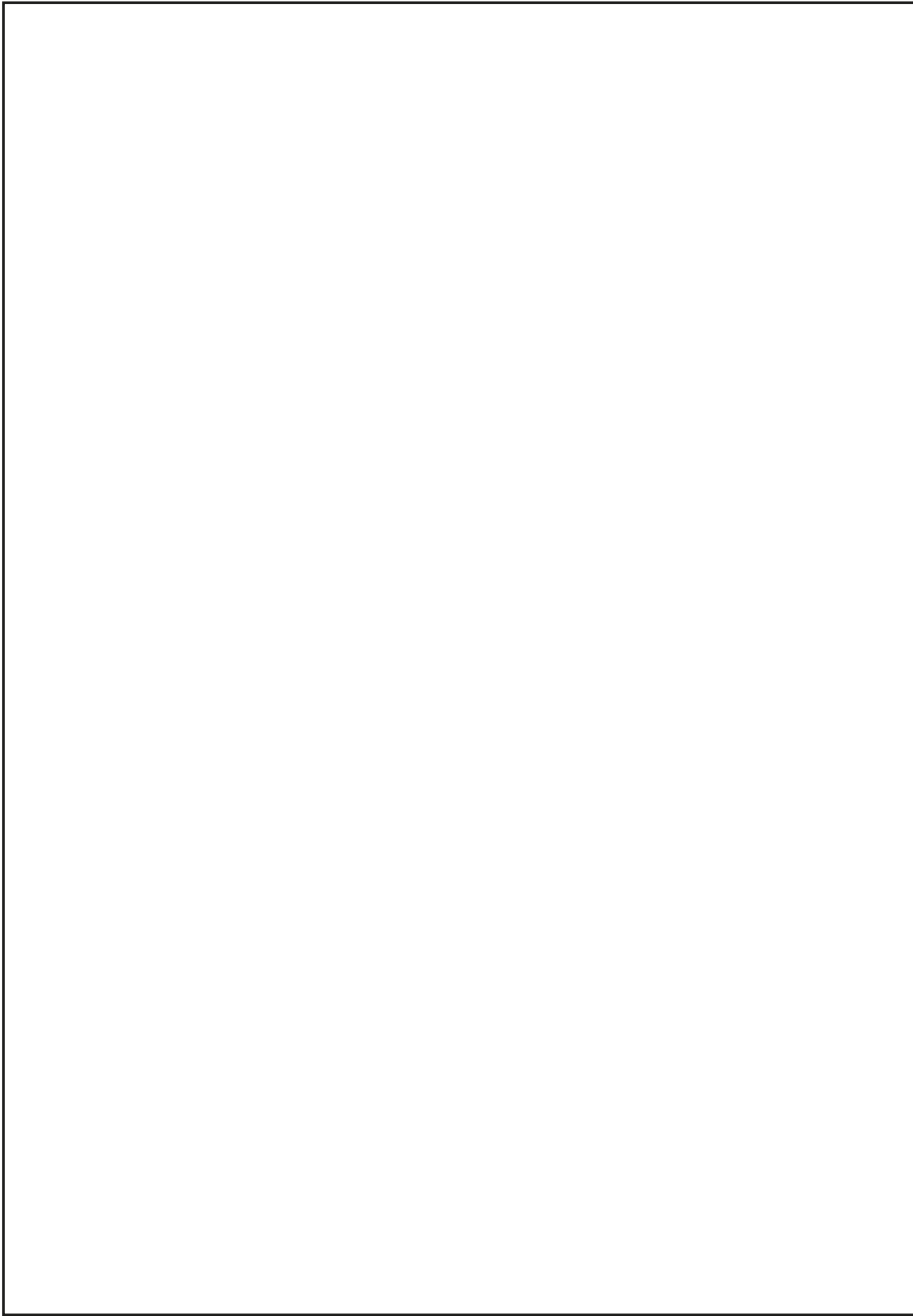
If you get stuck, remember you can use the
writing prompts at the start

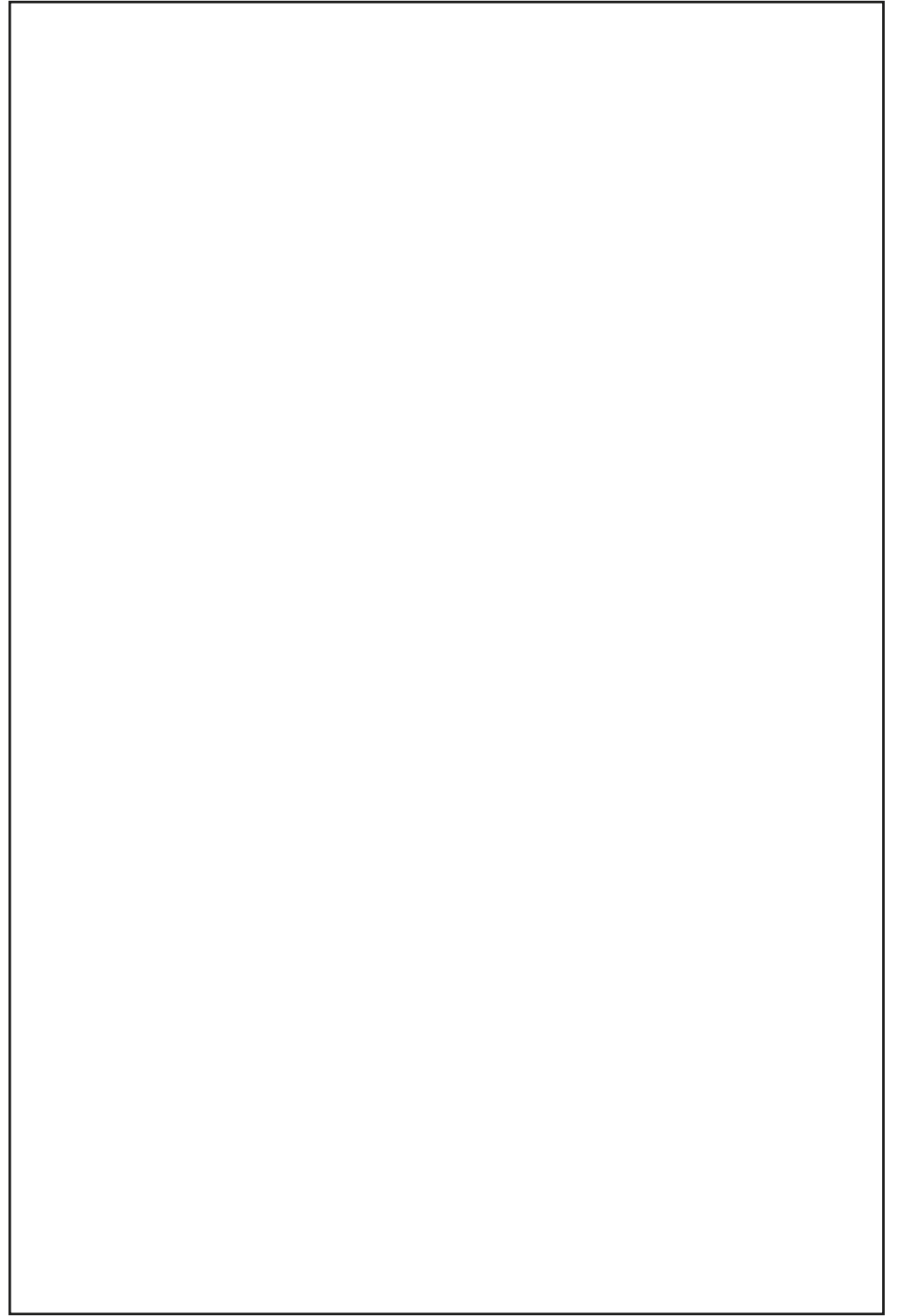
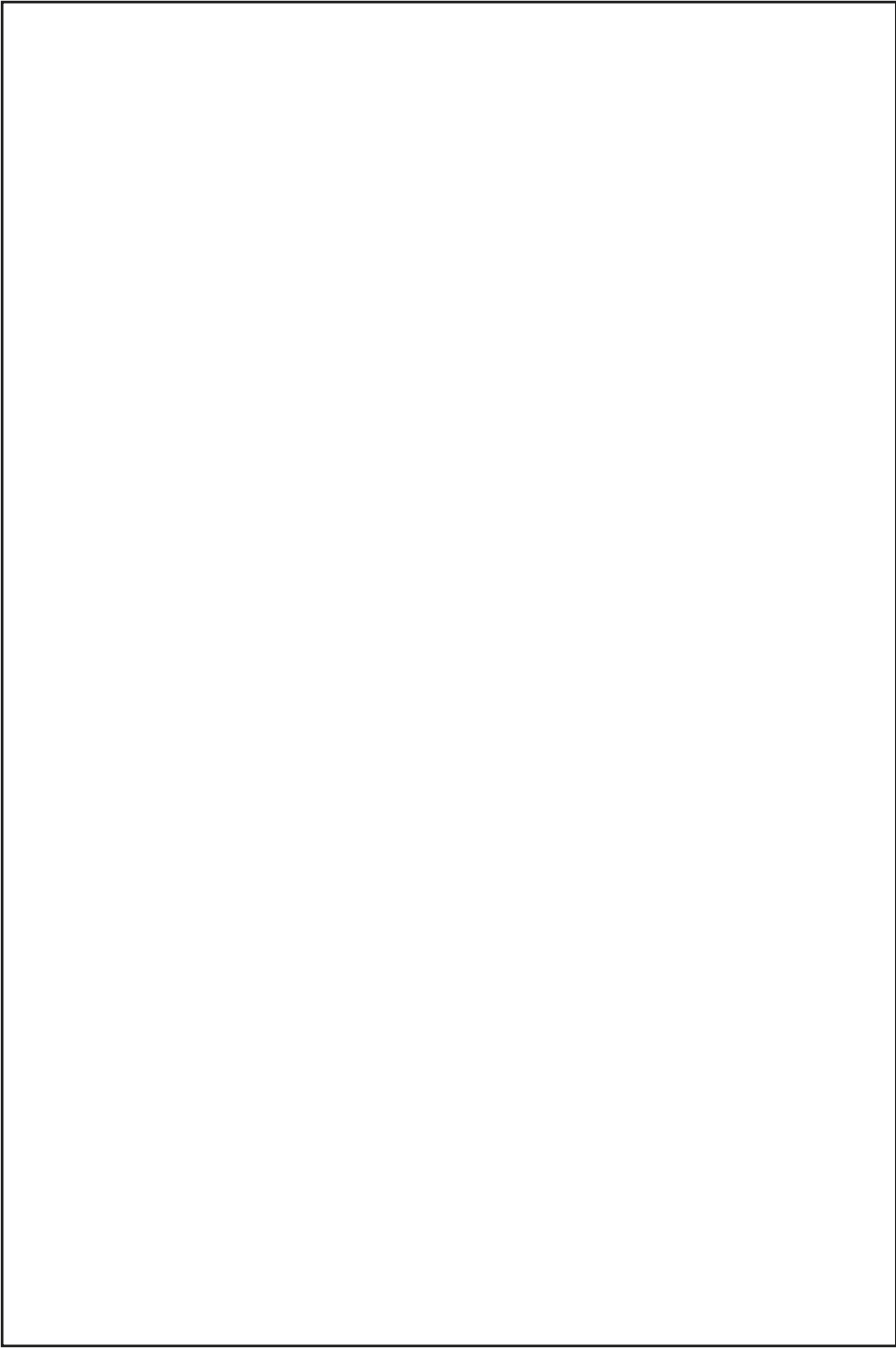
When you have finished writing your poem

You can take these pages out of the book and place
them in the envelope provided

And you can *post your poem*

Post a poem





This book was written as part of the
Arts In Prison module at the Royal Conservatoire of Scotland.

The module was created and run by Jess Thorpe and this resource was
made with the help of Murray Wason.

I want to say thank you to Jess and Murray as well as my classmates
Indra Wilson, Holly Worton and Maria Monteiro without their help this
would not have been possible

Illustrations provided by Frank Conway

Thank you for reading, I hope you enjoyed it.