

A Poem for Today

Aim:

- By providing prompts, this activity will encourage participants to consider their own self-identity through which they will then create a poem.

Materials:

- Poem for Today Worksheet (p.133)
- Copies of the Activity Review Sheet (p.164)

Maximum Number of Young People:

- 15

Time needed:

- 45 minutes

Method:

- Handout the Poem for Today Worksheet and ask participants to complete it.
- Now ask them to pick one of their answers to be the title of the poem they are going to write.
- Ask them to use the other answers (they don't have to use all their responses, but can if they want to) to write a poem. You may want to put together an example yourself to give them a hint. Make it clear there is no right or wrong with this exercise, the poem doesn't have to rhyme, it just needs to be inspired by their answers.
- Give participants the opportunity to share their work if they want to, although this should not be compulsory.
- Discuss whether it was helpful to have prompts through the worksheet to put the poem together.

Portfolio Evidence:

- Completed Activity Review Sheet
- The participant's final poem
- Poem for Today Worksheet

Transferable Skills:

Through this activity, participants will develop their creativity, expressive and self awareness skills.

Linking to the Youth Work Curriculum:

This activity explores poetry (Creativity and Challenge) and self identity (Personal and Social Development).

Poem for Today Worksheet

Your name:

Date:

1. What is your favourite colour? Why?

2. What is your favourite type of music? Why?

3. What is your favourite food? Why?

4. Who is your favourite person? Why?

5. What is your favourite drink? Why?

6. What is your favourite fabric or item of clothing? Why?

7. Where is your favourite place? Why?

8. What is your favourite feeling or emotion? Why?