

# Poetry for wellbeing

Dr Samuel Tongue Dr Ariane Critchley Dr Autumn Roesch-Marsh

### Toolkit

- + <u>Running Your Own Poetry for Wellbeing Workshops Projects -</u> <u>Scottish Poetry Library</u>
- + "...walk inside the poem's rooms/ and feel the walls for a light switch." -- from <u>"Introduction to Poetry"</u> by Billy Collins

#### **INTRODUCTORY EXERCISE: INSTANT NAME POEM**

Write: Create a poem of 10 lines by completing the following line starters:

- 1. Write your name (William Stafford said write every day and start by writing your name then you know all will be okay)
- 2. It means . . . . (insert three adjectives)
- 3. It is the number. . . (insert chosen number here)
- 4. It is like... (describe a colour without naming it)
- 5. It is like . . . (a memory that made you smile)
- 6. It is a memory of . . . (a person who has been significant to you)
- 7. (A line about something they taught you about their values)
- 8. (A line about something they did that showed this)
- 9. My name is . . . (write your full name here)
- 10. It means . . . (something important you believe about life)

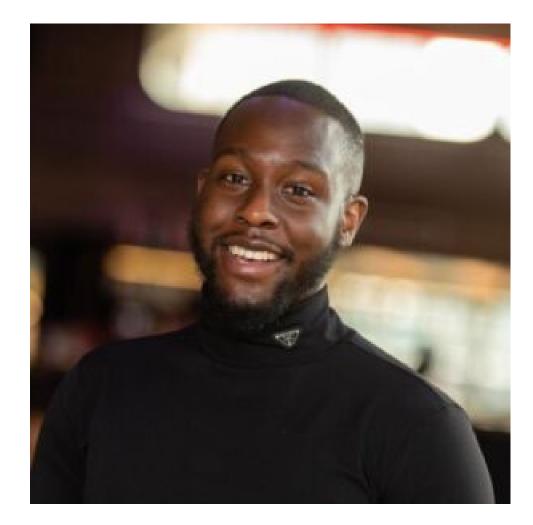
## Reading the Safeguarding and Child Protection Policy by <u>Susannah Hart</u>

+ <u>Reading the Safeguarding and Child Protection Policy</u> -<u>The Poetry Society: Poems</u>

#### Exercise After Caleb Femi

A Designer Talks of a Home / A Resident Talks of Home (I)

https://nationalpoetryday.co.uk/poem/a -designer-talks-of-a-home-a-residenttalks-of-home-i/



# Thank you

- + Stay in touch:
  - Autumn Roesch-Marsh <u>a.roeschmarsh@ed.ac.uk</u>
  - Ariane Critchley <u>ariane.critchley@stir.ac.uk</u>
- + Download the Toolkit and have a go: <u>Running Your Own</u> <u>Poetry for Wellbeing Workshops - Projects - Scottish</u> <u>Poetry Library</u>