



A writing activity from

Grimm & Co



National Poetry Day 2020

You will need:

- Somewhere comfortable and quiet to sit.
- The ability to listen to the activity instructions (these have been recorded on YouTube, so you'll need to be able to listen to them through a computer or phone, or through headphones).
- Tools to write with (could be a pen and paper, could be typing!)

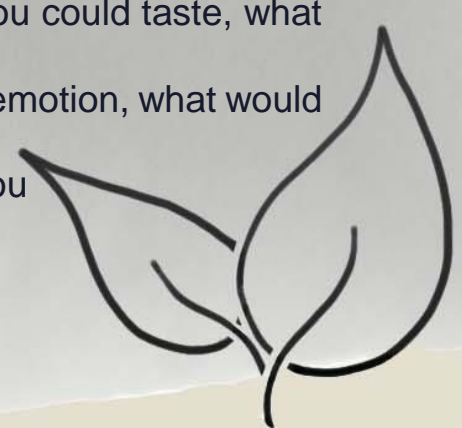
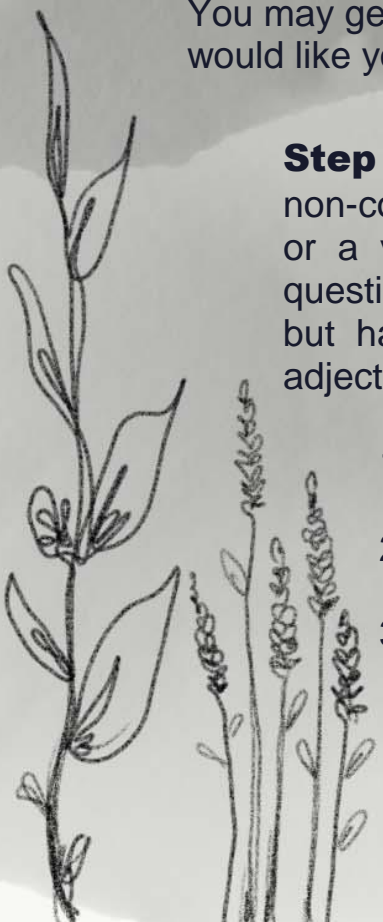
Step one: The theme for National Poetry Day this year is **VISION**. With this in mind, we're going to start this activity with a question:

When you think of the future, what is the strongest emotion you feel?

You may generate multiple emotions when thinking of the future, but I would like you to pick the strongest and write it down.

Step two: Emotions are abstract nouns which means they are non-concrete concepts; we cannot touch them like we can a chair or a veggie burrito. I would like you to answer the following questions about your chosen emotions, it may seem difficult at first but have a go. Try and go into detail and be precise, using adjectives to create vivid pictures in the mind:

1. If your emotion was something that you could taste, what would it be?
2. If you could reach out and touch your emotion, what would it feel like?
3. If your emotion was something that you could hear, what would it sound like?





4. If your emotion was something that you could smell, what would it smell like?
5. If your emotion was something that you could see, what would it be? And it could be anything?

Step three: Edit your answers so that they read as one poem dedicated to your chosen emotion.

Step four: Share your writing with us! Do this by taking a photo of your handwritten poem, typing up your work, or audio or video recording yourself reading it aloud (you could also ask someone else to read it aloud for you).

You can post your work on social media, tagging us @GrimmAndCo, or email your work to grimmapothecary@gmail.com.

Don't forget it's National Poetry Day so please add the following hashtags: #ShareAPoem #MyNPDPoem

