

Celebrating National Poetry Month

First Literacy, April 2018

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Walk Poem

- Take a walk for 15 minutes around the workshop (school, program)
- Walk with hyper attention, as though you are wearing glasses that sharpen your vision, earphones that make your hearing super-acute, and a device that heightens your sense of smell. Do not be afraid to pick things up; use your sense of smell as well.
- Look up, down, sideways, all around. Do you see things you haven't seen before?
- Take notes—images, phrases, sentences.
- Try to stretch yourself beyond the obvious. You might see a pigeon, but what else can you see about that pigeon? Is that pigeon interacting with other pigeons? Is the pigeon dropping its white gooey poop? What about the fluorescent colors on the pigeon's neck?
- Take notes on what you see, hear, smell, touch. If you want, you can take pictures on your phone to help you remember, but I would rather have you absorb in the moment as strongly as you can.
- Come back to the workshop.
- Reflect on these impressions—what stands out for you the most?
- Did you have a dominant feeling about the walk? Did something come up for you? Any memories?
- Think of this walk as a symbol—a path that you came from and a path that will lead you somewhere. Where does this short walk fit in?
- Take these impressions home and write a short poem.

Variation

Take a walk with the above guidelines in mind but do it in the route you take every day. Walk that walk with a different pair of glasses.