



YOUR list POEM

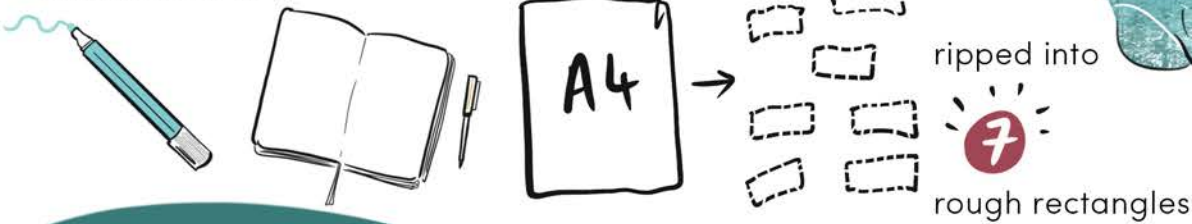


By Hollie McNish

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List poems are a relatable, simple way to start structuring a piece of writing.

Materials:



Exercises

Step 1: Questions and answers - 10 mins

Write the following on separate pieces of paper and turn over when done:

- One piece of good advice you were told about pregnancy and or parenthood.
- One piece of annoying or unhelpful advice you were told about pregnancy and or parenthood.
- Three short, sharp sentences about your relationship with socks.
- Something about your body that other people wouldn't know.
- Show off and swear about your favourite body part.
- Describe in a few vivid sentences a place, view or event in which you felt really content.



Step 2: Collage - 10 minutes

1. Read your answers out loud.
2. Choose images to repeat if wanted.
3. Choose start and end lines.
4. Make a rough order of answers.



Step 3: Writing - 20 minutes

1. Do not write a title yet.
2. Do not write more than 15 lines.
3. Start each new 'idea' on a new line.

Step 4: Edit - 15 minutes

1. Stop. Close your eyes. Distract yourself. Look again.
2. Read your poem aloud continuously for a few minutes.
3. Make any final changes.
4. Choose a title.
5. Write 'by (your name)'

Step 5: Sharing - 30/40 minutes

If in a group, come together and take turns to read to each other.
Or share online using: [#maternaljournal](https://twitter.com/maternaljournal)



30-40 Mins



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