

Haiku love & worry beads

by Liv Torc

Haiku is a Japanese form of short poetry that gives shape to a moment, the pause between breaths, little truth bubbles, a whispered secret, a spell, a polaroid pinned to your heart. Writing a series of haiku and stringing them together like beads, can be an excellent way of crafting a poem.

Liv Torc is a poet, producer, facilitator and mother.
livtorc.co.uk

3 Weave Together

- 1) Read through all your haiku in several different orders. Which one resonates the most? Choose a strong start and ending – you could end positively, powerfully or poignantly?
- 2) Remove the one (or two haiku) you like the least, or don't serve the poem.
- 3) When you find the order that works, you will feel the poem make a soft thud in your chest and the hairs stand up on the back of your arms – then you know the spell is complete.

TECHNIQUE



1 How to Write a Haiku

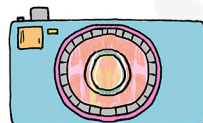
A haiku is a three-line poem that uses a particular number of syllables over three lines: 5-7-5 (see examples).

2 Set Up

1) Take a moment to think about parenthood. What are the things you love the most? What are the things you worry about the most?

2) From your list, choose a little thing, a secret thing, an important thing. What image, memory, or teaching does it conjure in your mind? Consider how you feel about it. Try to capture the moment in a metaphor, image or idea.

3) Write a haiku about each one.



- ## 4 Finally
- Find someone to share your poem with, either out loud in a group, at an open mic or online. It is important to see how it works with others.

Star chart time again
A universe unfolds, of
every little win.

School gates, hand in hand
A gaggle of boys run past,
you shake me off, laugh.

School run trauma
You sip your first mug of tea
as your breathing calms.



@motherswhomake
motherswhomake.org

Mothers
on the Mic

#amplify
maternalvoices



@maternaljrnl
maternaljournal.org