

THE WRITE STUFF

Overcome fear

through poetry

Materials: Worksheet copies, template copies, chalkboard or whiteboard, pens or pencils, timer

Directions: Read the worksheet, complete the activity and discuss as a group.

Fear is universal. We all experience fear at some point, often about different things.

Fear can lead to other negative feelings if we don't confront it, and learn positive ways to handle it.

One method to deal with our fears is to write about them. And then talk about our fears with someone we trust.

Today, we're going to write poems about fear, working in pairs so we can practice discussing our fears with others. Before we begin, let's brainstorm words that describe fear and ways to overcome our fears. We'll write the words on the board.

ACTIVITY INSTRUCTIONS

- 1 Divide into pairs. Using words from the board, each pair will write either an acrostic or cinquain poem on overcoming fear. Use the worksheet and template examples to help guide you. You'll have 6 minutes to write your poems.
(Set the timer for 6 minutes.)
- 2 When the timer sounds, each pair will read their poem to the group.
- 3 Let's discuss what we learned today. What strategy will you try the next time you experience fear? How does writing and sharing help to overcome your fear?

Funny thoughts
ChEerful smiles
Happy fAces
Goodbye feaR!



ACROSTIC AND CINQUAIN POEMS

Acrostic poems are created when certain letters in each line spell out a word or phrase. Typically, the first letter of each line is used to spell the message, but the letters can appear anywhere.

Example:

Directions: Spell out "spring" using the first letter of the line.

Sunny days

Plants awakening

Raindrops on the roof

Interesting clouds

New flowers

Green grass

Example:

Directions: Spell out "poem" using different letter positions.

Pick uP a pen

Think of a tOpic

Be crEative

Use your iMagination

Directions: Spell out a fear word using the first letter of the line.

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Directions: Spell out a fear word using different letter positions.

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Cinquain poems are non-rhyming poems with five lines and 11 total words.

Example:

Watermelon
Juicy, sweet
Dripping, slurping, smacking
So messy to eat
Yummy

Example:

Butterflies
Colorful, delicate
Flitting, flapping, flying
Graceful beauty in motion
Elegant

(line 1: one word topic)
 (line 2: two descriptive adjectives)
 (line 3: three action verbs)
 (line 4: four words on how it feels)
 (line 5: one word synonym for line 1)

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