

Inspiration:

Instant poetry – Jim Scrivener - **Learning Teaching, 2011, p. 367**

**Dear Poets,**

**The approach we would like to encourage you to adopt for creating this poem may not be exactly green as there is a short piece of instructions on individual pages. Yet, you are advised to try to follow the procedure the way it is suggested. So:**

- 1) Think of a nice place you like, you can easily reach and spend there a nice couple of minutes sitting, contemplating, writing...**
- 2) Go to that place and take this pack of printed out pages with you, along with something to write with and something to write on (or a laptop/tablet – if you prefer modern technology)**
- 3) Now that you are there, look at page 2, do what it says, go to page 3 and repeat this procedure till there are no other instructions to follow.**

**Hopefully, you have now ended up with a poem you can share with us. We look forward to reading your Poe-Trips.**

**Marie, Adam, Jarek**

- 1. Look around you and notice the things you don't (wouldn't) normally notice.**

**2. Look at one item your eyes can find – whatever. Write one sentence describing the object. Don't try to be clever. Don't use imagination. Really look and write just what you see. Don't be poetic – you are not writing a poem yet. You are trying to look and write accurately what you can see.**

**3. Notice the light – the shadows and patterns. Write one sentence about this.**

**4. If you are not alone, look at a person. If you are alone, try to look at a living creature. If there is none, try to look at a plant. If none of that's applicable, look at what first strikes you. Now, don't just half-look at the thing, really study the thing. We give you permission to stare, as if you'd never seen anything like that before! Write one sentence about what you see.**

**5. No matter if it's a living thing or not, write a sentence about what he/she/it is thinking.**

**6. Look at yourself in the same way. Your hands, your clothes, etc. Write one sentence about one thing you see.**

**7. Describe the view of where you are in a few words.**

**8. Listen to the noises around. Write one sentence about what you can hear.**

**9. How do you feel now? Really? Check it out. Write one sentence.**

**10. Write something about the future.**

**11. Now you have 10 minutes. Look at what you have written. Change anything you want to. Put things in a different order. Cross things out. Think about how it sounds and looks. Your aim is to finish with a short poem (which could be shared between individuals or read out or put up on a poster, etc.).**