

# Releasing Your Inner Poet Zoom Workshop

Please wait until the workshop to do these activities. The more spontaneous your writing, the more you will be able to do with it later!

## Exercise 1 Don't think too hard!

In the garden of life, \_\_\_\_\_ is \_\_\_\_\_  
(your name) (noun)

\_\_\_\_\_  
(description or explanation)

## Exercise 2 Fill in the Blanks as quickly as you can!

The \_\_\_\_\_  
(title after you finish)

There were \_\_\_\_\_ in the \_\_\_\_\_.  
(plural noun) (noun)

" \_\_\_\_\_ ", I said.  
(instruction to someone about the plural noun)

" \_\_\_\_\_ ", he/she said.  
(negative response from the person addressed)

"But \_\_\_\_\_"  
(defend your instruction)

" \_\_\_\_\_ ", he/she said,  
(even more negative response from the person)

And \_\_\_\_\_ and \_\_\_\_\_  
(two actions showing defiance of your instruction)

### **Exercise 3**

*upward*  
*fifteen*  
*burns*  
*whirled*  
*faces*

*Indiana*  
*after*  
*touched*  
*heart*  
*afternoon*

*music*  
*crept*  
*reality*  
*rippling*  
*Mozart*

### **Exercise 4**

List as many emotions as you can, keeping in mind that many emotions are a blend of more than one feeling. Then choose just one emotion to use for this sense exercise.

Sight

Sound

Smell

Taste

Touch

### **At the End of the Workshop**

Choose one line or phrase you wrote for one of the exercises and put it in the comments with a "J" in front of it. Tori will send these lines to me (the "J" is for Joan) and I will turn them into a group poem.

If you would like, send a rough draft created from one of these exercises to [jjohannes7@gmail.com](mailto:jjohannes7@gmail.com) by June 1st, and I will give you suggestions for directions you could go with your draft. Of course, you are welcome to reject these suggestions; deciding that something doesn't work for you shows as much growth as deciding that it does! After the two weeks are up, I will invite participants who tried techniques that others may want to learn about to share their drafts/revisions in the next session.

**Banstone, Tony and Ping, Chou, translators. *The Art of Writing, Teachings of the Chinese Masters*. Shambhala, Boston, 1996.**

**Carruth, Hayden, Editor. *The Voice That is Great Within Us*. Bantam Books, New York, 1970.**

**Perrine, Laurence. *Sound and Sense: An Introduction to Poetry*. Harcourt, Brace, Jovanovich, New York, 1977.**