

Poetry Self Expression



Intervention: Fill in the Blank Poetry

Domain: Social/Emotional/Cognitive

Population: All populations

Goals: To improve self esteem, socialization, self expression, and cognitive stimulation

Number of clients: 3-10

Time: 1 hour

Supplies: 5 fill-in-the-blank poems written on poster board, and then laminated; a dry erase marker

Description:

- Position residents in a semi-circle
- Introduce yourself and learn everyone's name (get name tags if necessary)
- Explain to residents that they are going to do a poetry activity. Ask residents what they know about poetry, and its benefits. Inform the residents that they don't need to feel intimidated, because they are going to write poems as a group.
 - Benefits of reading/writing poetry
 - Improves mood, self expression, and cognitive functioning
 - Improves ability to process pain and empathy
 - Increased self-esteem (when a poem is written and read in front of individuals)
 - Decreases stress, anxiety, and depression
- Read through 2-3 poems with the residents and ask for input on what they thought about the poem
- Go through each poem as a group, prompting each resident to participate. After each poem is complete read it back to the group
- Following the end of group, thank residents for attending the poetry group, and wish them a nice day
- End with reading a poem

References:

Klein, P., Longo, P. (2014). The therapeutic benefit of poetry. *Writing for healing*. Retrieved from phyllisklein.com.

Stange. T., Wyant. S. (2008). Poetry proves to be positive in the primary grades. *Reading Horizons*, 48 (3), (201-211).