

Emotive Verse

SESKAT Training
Toolbox



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Description

“Emotive Verse” is a workshop where participants first engage in a session to identify and articulate their current feelings, and then channel these emotions into creating a personal poem. This exercise encourages emotional awareness, creativity, and vulnerability. Participants will also have the opportunity to share their poems with the group, fostering a sense of empathy and connection.

Objectives

- To enhance emotional awareness by assisting participants in recognising and understanding their present emotional state
- To encourage the use of poetry as a medium for expressing complex feelings
- To build a sense of empathy and understanding within the group through shared vulnerability

Connection with Soft Skills and Emotional Intelligence

This tool ties into emotional intelligence by enhancing self-awareness, self-expression, and social awareness. It helps participants to understand their own emotions and how to express them creatively. This means they are developing the ability to articulate their feelings in a meaningful way. Finally, the sharing of these poems fosters empathy through listening and appreciating others’ emotional expressions.



Resources and Materials

- Paper and pens for each participant
- Comfortable seating arranged in a circle for easy sharing

Steps

01

2 minutes: Explain the purpose and process of the workshop.

02

20 minutes: Guide participants through a mindfulness or introspection exercise to help them identify their current feelings. Use the guided meditations in the SESKAT platform for inspiration or even for facilitation.

03

30 minutes: Participants write a short poem based on their identified emotions. Offer prompts or structures for those unfamiliar with writing poetry. Print out and offer the "Poetry Prompts and Structures for "Emotive Verse" Workshop".

04

20 minutes: Participants voluntarily share their poems with the group, followed by a brief discussion or reflection on each.

05

15 minutes: Discuss the overall experience, focusing on how it felt to express and listen to emotional experiences.

Learning Outcomes

By the end of this activity, participants will experience:

- Improved ability to identify and articulate emotions
- Development of poetic expression as a tool for emotional processing
- Increased empathy and connection within the group through shared experiences

"Emotive Verse" is an innovative and impactful way for individuals to explore their emotions and express them through poetry. This workshop not only aids in self-discovery but also creates a space where vulnerability is respected and shared, enriching the participants' emotional intelligence and creative skills.



Prompts and Structures

1. Feeling-Based Prompts

- Write about a time when you felt extremely happy/sad/angry and what triggered it.
- Describe a place or moment that brings you peace/joy/fear.
- Imagine a conversation with your emotion as if it were a person. What would it say?

2. Simple Structured Formats

- Acrostic Poem: Use a word that represents your emotion (e.g., HAPPY, ANXIOUS) and start each line of the poem with the letters of that word.
- Haiku: A three-line poem with a 5-7-5 syllable structure, often focusing on nature or a moment's essence.
- Free Verse: Encourage them to write without worrying about rhyme or rhythm, focusing purely on expressing their feelings.

3. Guided Imagery

- Visualise a colour/season/landscape that matches your current emotions. Describe it in detail in your poem.
- Think of an object that symbolises your feeling right now. Write about why it represents this emotion.

4. Emotion as a Journey

Describe your emotion as a journey or path. Where does it start, where does it go, what does it encounter?

5. Contrast and Compare

Write about how your current emotion differs from another emotion you felt recently.

6. Metaphors and Similes

Encourage using metaphors and similes (e.g., "Anger is like a stormy sea", "Happiness feels like a warm, sunny day").

7. Dialogue Poem

Write a poem in the form of a dialogue between yourself and your emotion or between two contrasting emotions.

Tips for Facilitators

Encourage Creativity: Remind participants that there's no right or wrong in poetry.

Non-Judgmental Environment: Foster an atmosphere of acceptance to make participants comfortable sharing their work.

Share Examples: Provide simple examples for each type of prompt or structure to inspire and clarify.

Time for Reflection: Allow quiet time for participants to think and feel before they start writing.

These prompts and structures should help participants channel their emotions into words, making the poetry writing process more accessible and less daunting. The key is to encourage expression in whatever form feels most natural to them.