

Wellbeing Trail – Follow On Activity

This activity is a poetry activity, based on the 'Coming to Your Senses' mindfulness activity, which is part of the Enrich Wellbeing Trail.

- Ask children to recall what their five senses are.
- Focus on one sense at a time. Ask children to think about their favourite sights/ sounds/ tastes/ smells and feelings. Ask for suggestions from the group.
- Now ask children to think about when/where they most enjoy experiencing each of these things.

For example:

'The taste of a roast dinner at my Grandma's on a Sunday afternoon.'

'The sound of the sea when I'm on my holidays.'

'The feel of a soft towel after I've been swimming.'

Etc.

- When children have discussed and shared some of their favourite sights/sounds/tastes/smells/feelings, ask them to draft a list of each one. They write a single sentence for each one - they have to be unique to themselves, so they can be as unusual or quirky as they like. Each sentence should start with 'The sound of...', 'The taste of...' etc. Encourage them to include 'where', and maybe 'when' they most enjoy these things (keeping to a single sentence). Ask children to share some of their 'lists' with the group by reading them out. Point out that they are beginning to sound like a poem!
- Now ask children to take off the beginning of each sentence (ie 'The sound of..', 'The feel of....' etc.). Get them to share some of these with the group. They have created a poem, based on their five senses!
- Children could then produce a final draft of their five sense poem. They could include an additional final line of their own - if they want to.
- The class could also share ideas about a title for the poem. They could decide on a class title or children could think of their own.

An alternative way of composing this poem (e.g. for younger children) is for the teacher to act as scribe and to create one or more poems composed of children's suggestions.

