K E V I N

LOVE FUND

Everyone is Going Through Something



Today

- Another way to think about emotion
- Expert Video
- Guest Artist Video
- Creative Activity: Found Poem

Today, we're exploring a new way of looking at emotion: as the feelings that are connected to our thoughts.

Write a Found Poem

Choose an inaccurate thought to inspire your poem.

<u>First stanza represents</u>: “Something I used to believe was true is...”

<u>Second stanza represents</u>: “But now I know...”

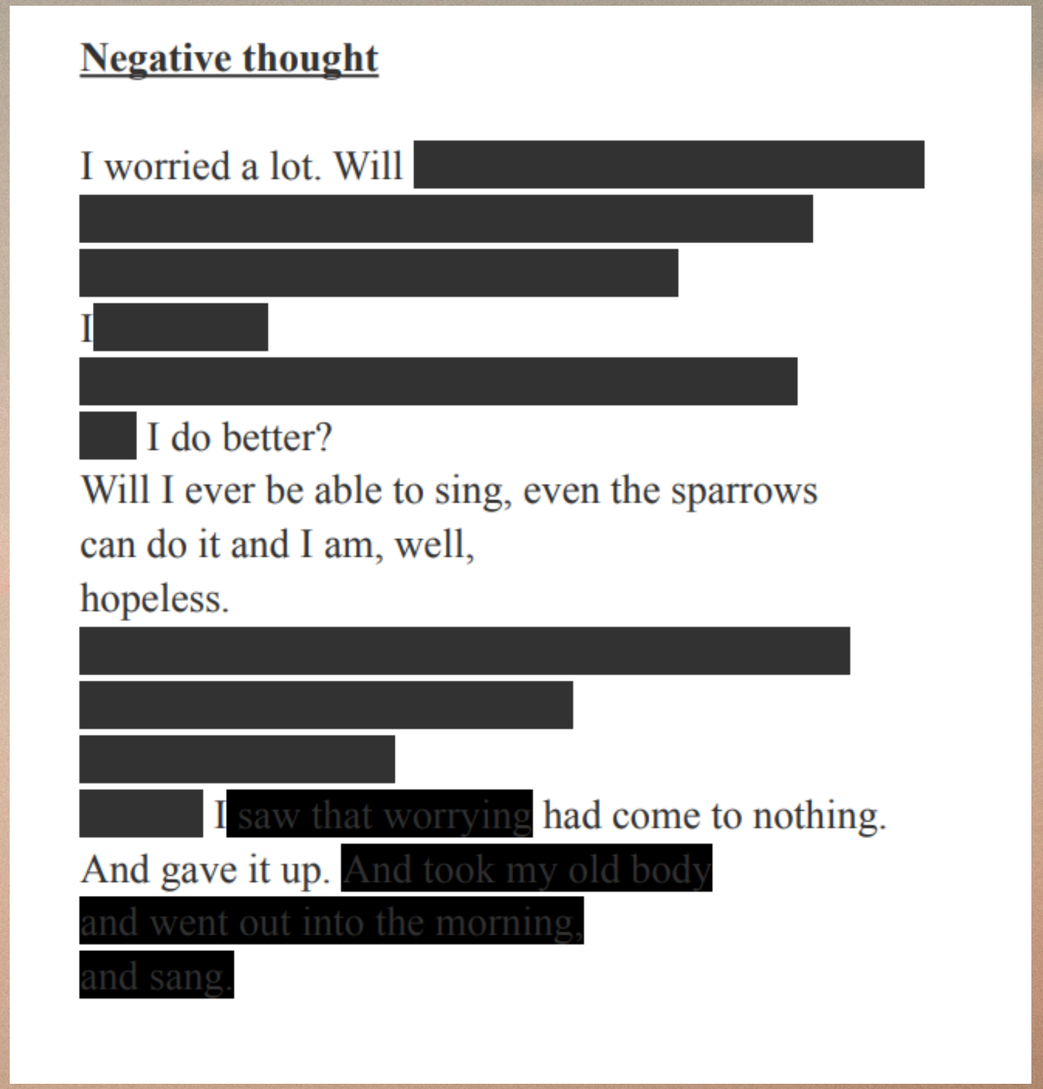
Block out words with a black marker. The remaining words form your poem.



Example of a Found Poem
Part One (Student Example)

Part One: I used to believe…

The inaccurate thought that inspires this poem: ***I am not smart enough and I am lower value than the people around me.***



Negative thought

I worried a lot. Will [redacted]

I [redacted]

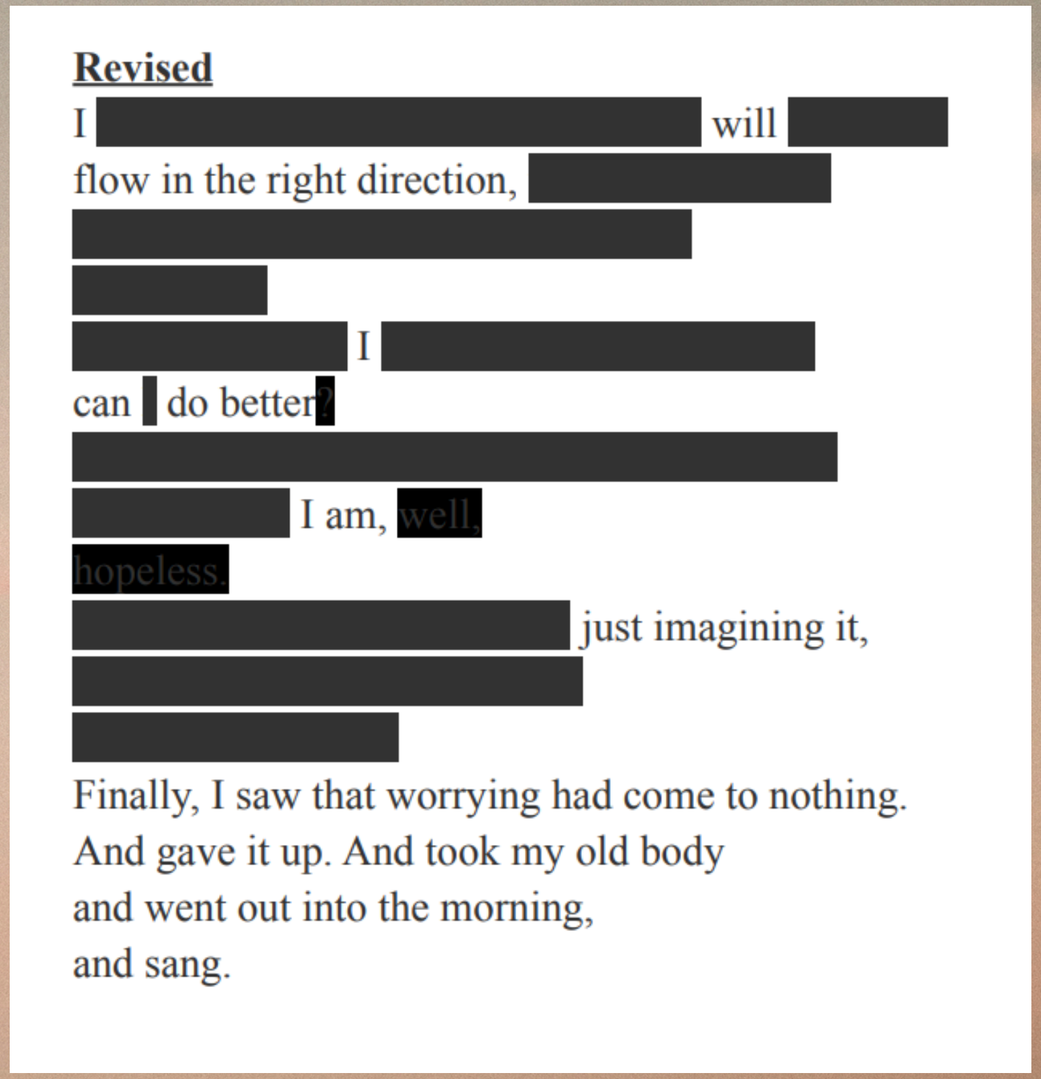
[redacted] I do better?
Will I ever be able to sing, even the sparrows
can do it and I am, well,
hopeless.

[redacted] I saw that worrying had come to nothing.
And gave it up. And took my old body
and went out into the morning,
and sang.

Example of a Found Poem
Part Two (Student Example)

Part Two: But now I know…

Revised thought: ***I don't need to compare myself to others, and I am more than capable enough for myself and to succeed in whatever I choose.***



Revised

I [redacted] will [redacted]
flow in the right direction, [redacted]
[redacted]
[redacted]
[redacted] I [redacted]
can [redacted] do better?
[redacted]
[redacted] I am, well,
hopeless.
[redacted] just imagining it,
[redacted]
[redacted]
Finally, I saw that worrying had come to nothing.
And gave it up. And took my old body
and went out into the morning,
and sang.