

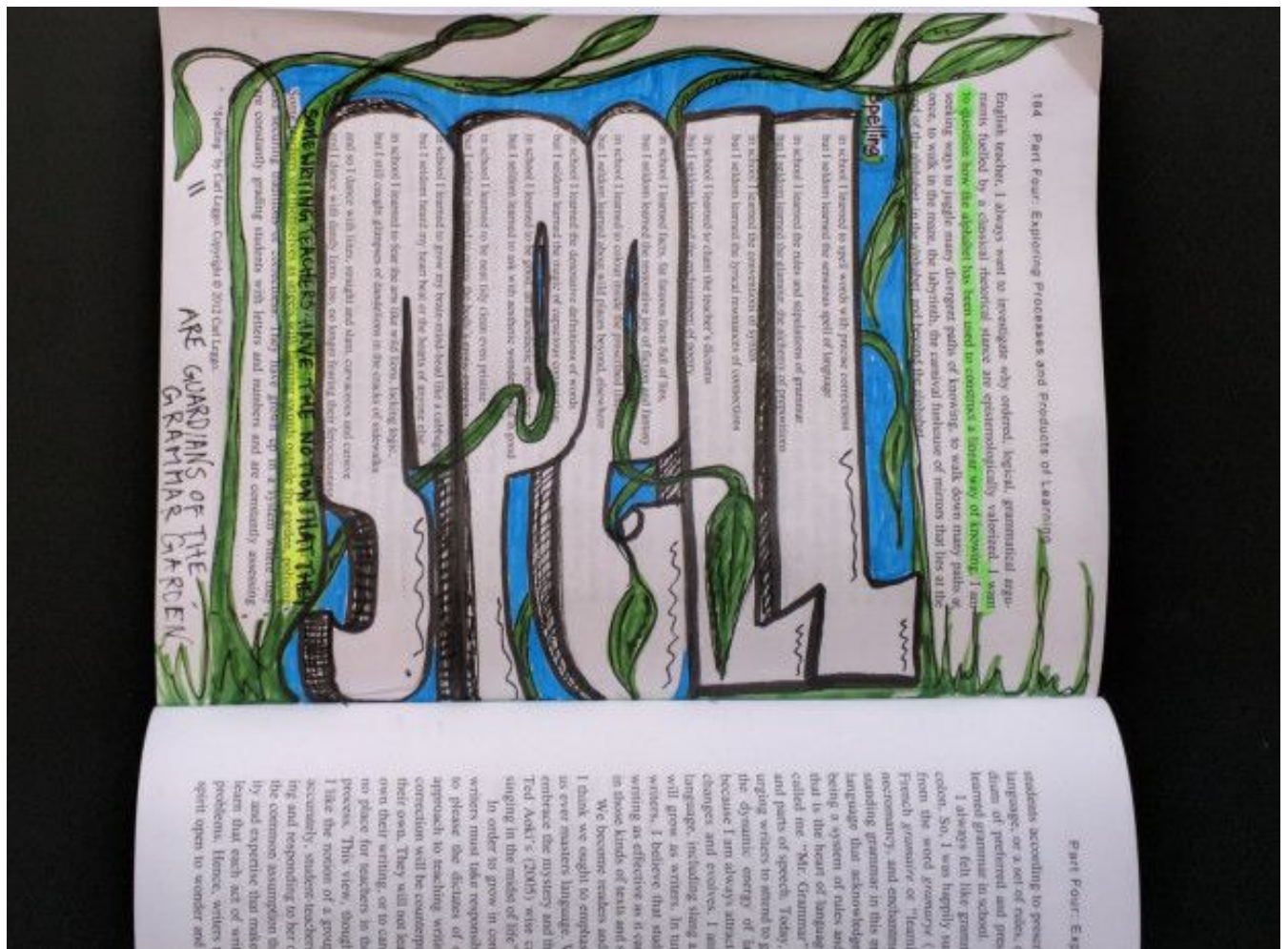
## 1) Drawing on poetry

Respond to a poem with an illustration. Weave your drawing through the words.

### Constraints

The drawing cannot impede legibility.

### Example



This poem is "Spelling" by Carl Leggo

### Goal

The goal is to interact and respond to poetry in an unconventional way. This exercise allows students to play with the words and perhaps allow the words to lift off the page.

## 2) Cubic Poem

Create a cubic poem

### Constraints

The poem must consist of 3 stanzas of three line. Each line must be three words long. Each word in the poem must be able to function as both a noun and a verb.

### Example

Spread alert delight

Lift lead highlight

Function turn fight

Comfort burn bite

Demand call light

Broadcast blame blight

Measure mind might

Practice praise sight

Thunder raise fright

### Goal

This exercise can help students look at words from multiple dimensions. It stimulates creativity and strengthens vocabulary.

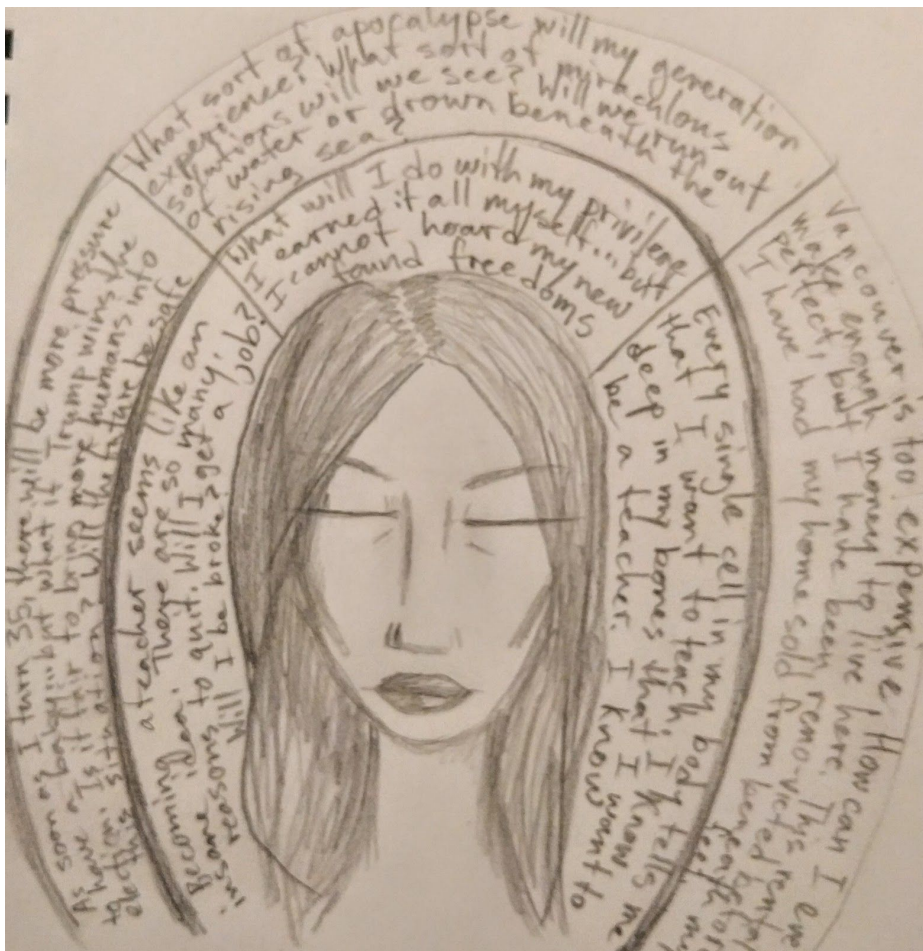
### 3) The stories that shape you

Draw a simple sketch of yourself and surround this sketch in the stories that shape you. What do you tell yourself about who you are? What are some external stories about who you are?

#### Constraints

Length of stories must be short snapshots of thoughts.

#### Example



#### Goal

This is a reflection on how we are shaped by stories. This project would be accompanied by a discussion and further writing exercises.

#### 4) Register Shift Down

Choose a formal text. Register shift the formal text down to a more casual tone. This shifts the tone and the language to be casual.

#### Constraints

Time - 20 minutes

#### Example

##### Original text - Bachelor of Arts from UBC

The Chancellor of the University of British Columbia with the approval of the Senate upon the recommendation of The Faculty of Arts has conferred the degree of Bachelor of Arts on Christabel Sidney Shaler

In Witness Whereof and by the authority duly committed to us we have hereunto set our hand and seal

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##### Register shift down

The head honcho of UBC with a green light from the grand poobah got word from the arts posse and kicked down major props and a legit B.A. for C-beezy

Our word is bond yo

#### Goal

This allows students to understand the relevance of audience and reflect on their language usage.

**5) Gather objects and stories about someone in your family or community. Use these objects to tell a story.**

**Constraints**

Telling a story using objects.

**Example**

These are items that tell the story of my Grandmother Vivian. After raising five children, she decided to return to school and become a school counsellor.



**Goal**

This exercise helps students to re-think the concept of storytelling. This could connect with additional exercises that examine unconventional narratives.

## **6) Alliteration Haiku**

Re-write a news story using alliteration

### **Constraint**

Haiku structure - Syllable count: 5/7/5 with alliteration

### **Example**

Teen sass and tear gas

Fearful faultlines fracture fast

Streets swell with sirens

### **Goal**

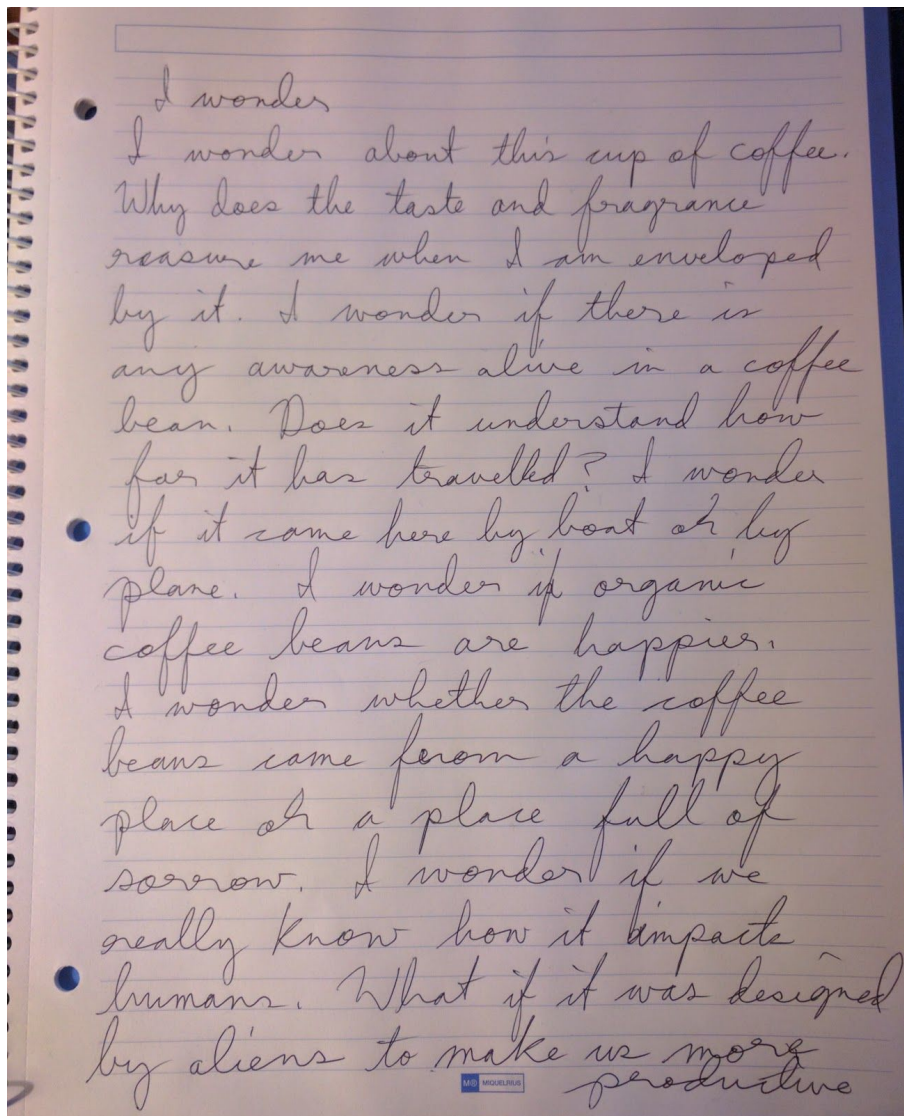
The goal is to foster creativity through the challenge of constraint. Students will examine their ability to tell a story with minimal words.

## 7) Wonder about an object. Continue writing and wonder until the time is up.

### Constraint

Timed - 5 min. Use pen and paper. Write continuously. You cannot read over it or correct it while you are writing.

### Example



### Goal

This exercise is designed to ignite imagination and increase confidence in creative thinking.

## **8) Describe emotions using only the sense of touch**

### **Constraint**

The limitation of only using touch as a description

### **Example**

Jealousy is like velcro with lint stuck in it

Fear is crumbly and cold like crushed ice

Anger is hot and magnetic

Grief is cold wet metal with sharp edges

Happiness is round and fluffy

Resentment is a bag of broken glass

Retaliation is sticky

### **Goal**

This exercise is designed to enhance the descriptive skills of students



## 9) Phrasal verb alphabet soup. Gather phrasal verbs in order of the alphabet

### Constraint

Organizing phrasal verbs in order of the alphabet

### Example

Act up  
Back down  
Come around  
Die down  
Ease off  
Fizzle out  
Get across  
Hush up  
Insist on  
Jump in  
Kick back  
Lash out  
Mock up  
Name after  
Opt out  
Play back  
Que up  
Refer to  
Settle down  
Take off  
Usher in  
Vouch for  
Waste away  
X - out  
Yearn for  
Zoom in

### Goal

This exercise is a great way to explore phrasal verbs and examine understanding.

## **10) Write a poem about logic, math or technology**

### **Constraint**

The limitations of the subject matter provide a unique challenge. Each line is 7 syllables.

### **Example**

#### **Algorithms**

Target marketing punctures truth to be porous  
Curated echo chambers preach to the chorus  
Scrolling for kardashian clickbait with more rush  
Flickering dick pics and 5 ways to be gorgeous  
News feeds feed fear like a hungry Ouroboros

### **Goal**

The goal is to challenge students to see how anything can be poetic. Students can reflect on logic and art without the confines of duality.