



# Poetry for wellbeing

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# Toolkit

- + [Running Your Own Poetry for Wellbeing Workshops - Projects - Scottish Poetry Library](#)
- + "...walk inside the poem's rooms/ and feel the walls for a light switch." -- from ["Introduction to Poetry"](#) by Billy Collins

# INTRODUCTORY EXERCISE: INSTANT NAME POEM

**Write:** Create a poem of 10 lines by completing the following line starters:

1. Write your name (William Stafford said write every day and start by writing your name – then you know all will be okay)
2. It means . . . (insert three adjectives)
3. It is the number. . . (insert chosen number here)
4. It is like. . . (describe a colour without naming it)
5. It is like . . . (a memory that made you smile)
6. It is a memory of . . . (a person who has been significant to you)
7. (A line about something they taught you – about their values)
8. (A line about something they did that showed this)
9. My name is . . . (write your full name here)
10. It means . . . (something important you believe about life)

# Reading the Safeguarding and Child Protection Policy by Susannah Hart

- + [Reading the Safeguarding and Child Protection Policy - The Poetry Society: Poems](#)

# Exercise After Caleb Femi

A Designer Talks of a Home / A  
Resident Talks of Home (I)

<https://nationalpoetryday.co.uk/poem/a-designer-talks-of-a-home-a-resident-talks-of-home-i/>



# Thank you

- + Stay in touch:

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- + Download the Toolkit and have a go: [Running Your Own Poetry for Wellbeing Workshops - Projects - Scottish Poetry Library](#)