



# Hope at Hand

## “Resolve/List Poetry”

### Directions

1. Start: Read “Resolve”..
2. Journal: Ask participants to write to the prompt: What are some things you resolve to do? Make a list. Give participants 2-3 minutes to write their list.
3. Read: “Reasons why I don’t write”.
4. Write: Share the List Poem definition and template. Review the method for writing a list poem. Read the two samples. Provide participants with time to complete their template.
5. Art: Scribble Scrabble Art
  - Show participants how to draw a scribble art bubble by placing the crayon on the paper and not picking the crayon up until the scribble meets back where it started.
  - Next, participants will place their positive words about themselves inside the bubbles. They may have more words than bubbles, so they will need to choose the ones that represent them best.
  - They will then finish by coloring each bubble a different color.
  - Show a completed example before they begin working.

Please bring an example of the art activity to your session—ideally one you’ve made yourself. A full-color example is included at the end of this document. *If needed, print it elsewhere, as color printing is not permitted on the office printer.*

### Materials

White cardstock or printer paper, pencils, crayons or colored pencils.

## **Resolve**

by Charlotte Perkins Gilman

To keep my health!  
To do my work!  
To live!

To see to it I grow and gain and give!  
Never to look behind me for an hour!

To wait in weakness, and to walk in power;  
But always fronting onward to the light,  
Always and always facing toward the right.  
Robbed, starved, defeated, fallen, wide astray —  
On, with what strength I have!  
Back to the way!

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## Reasons Why I Don't Write

by Gregory K.

Errands  
Cooking  
Cleaning up

Nothing  
In my  
Coffee cup

Snail mail  
E-mail  
Blogging, too

Crosswords  
Comics  
Sudoku

Phone calls  
Lunches  
Fear of debt

Daydreams  
Nap times  
Internet

Laundry  
Sunsets  
Batting cage

"Research"  
iTunes  
Empty page

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## List Poem

A list poem does not rhyme. A list poem is simply a list of topics, ideas, nouns, verbs, or phrases focused around the title. This is a great poem to write on field trips, so you won't forget anything!

### Method:

- Start with a title
- Make connections to the title
- List them vertically
- Name the author

### Peace

By Steffani H. Fletcher

- More
- Crave
- Happiness
- Is safety
- Is love
- Live it
- Share it
- Receive it
- On earth

### Peace

By Paula S. Renfro

- Selfless
- Unity
- Strength
- Embrace
- Love
- Calm
- Beauty

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Title \_\_\_\_\_

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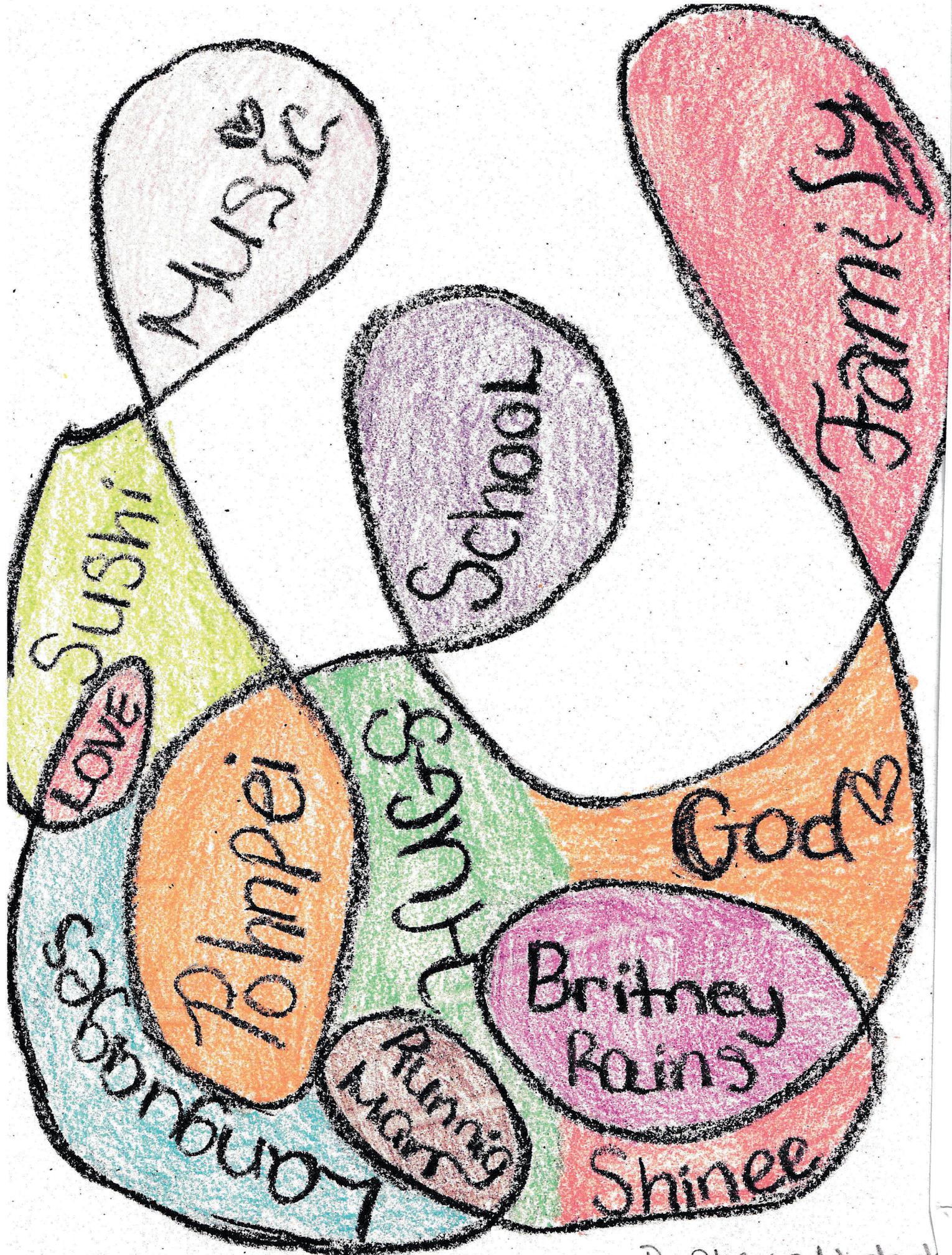
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DeShonnia Nichol

