

# Write a rhyming poem

Poetry helps us express our thoughts, feelings and life experiences. Writing poetry can help our wellbeing by processing our emotions and positively influencing our relationships, sense of purpose in life and giving us a sense of achievement.

Today's activity is to write a rhyming poem. There are no rules about topic or length, it just needs to rhyme. Figuring out how to make your poem rhyme will increase your absorption in this activity, which can help you temporarily forget about any negative feelings or frustrations you may be experiencing.

If you're struggling for a topic for your poem, you could write about something that has happened in your day; your favourite actor or musician; or a dream you had. Use the space below to write your rhyming poem. Feel free to use the space on the following page if you need it.



