

# Visual Poetry

Workshop Muse  
May 24, 2020

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<https://vimeo.com/422467759/a367a927bf>



# Prepare

- 3 Squares of Art Quality Paper cut into 4x4 squares or taped off into squares using washi or masking tape. Your tape should act as a frame on the outside perimeter marking your page into 3 equal sections. If you like you can make your paper bigger or smaller!
- 3 different creative mediums (i.e. chalk pastel, watercolour & pens or oil pastel, ink & acrylic) Choose any 3 mediums you enjoy working with. You will want to have a diversity of colours on hand.
- A simple object that inspires you! This may be a leaf, dried flower, beloved stone, small trinket etc. Your object should be something simple and something you feel intrigued by or connected to.
- A pen and paper for writing.
- If you will be working with wet mediums (i.e. watercolour, ink or acrylic paint) you may wish to have a hair dryer or heat gun on hand to speed up the drying process.

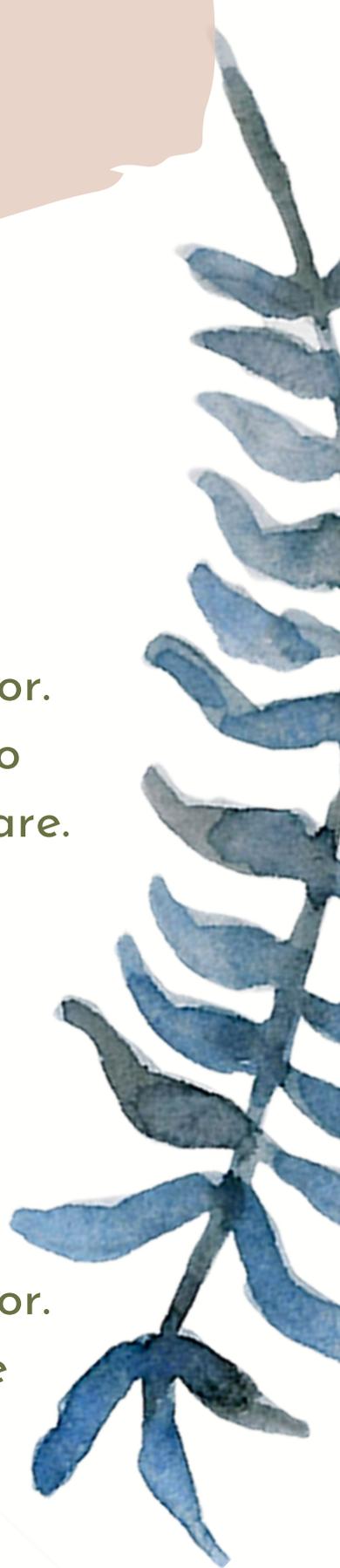
# Process

1. Begin by reading the poem "So Much Happiness by Naomi Shihab Nye"
2. Take a few moments to arrive. Find your breath & surrender to your imagination. Take your chosen object in your hand & spend time with it. Close your eyes & imagine it from various perspectives close up, far away, from above etc.
3. Start from a place of feeling.
  - Write 2- 3 lines of poetry or expressive writing about your object. Underline 2-3 key words or phrases.
  - Use a wet medium to lay a foundation exploring the feeling this object brings you in a simple colour & shape in each of the 3 squares. Let it dry.



# Process

4. Spend a few moments with the object viewing it as an ant would close up.
  - Write 2- 3 lines of poetry or expressive writing giving a voice to this perspective. Underline 2-3 key words or phrases.
  - Take this feeling into a new medium & color. Add a few marks or shapes that connect to the feeling of this perspective in each square.
  
5. Spend a few moments with the object viewing it as a bird would from high above.
  - Write 2- 3 lines of poetry or expressive writing giving a voice to this perspective. Underline 2-3 key words or phrases.
  - Take this feeling into a new medium & color. Add a few marks or shapes in each square that connect to the feeling of this perspective.



# Process

6. Spend a few moments with the object viewing it with your own eyes offering it your own perspective.

- Write 2- 3 lines of poetry or expressive writing giving a voice to your own perspective. Underline 2-3 key words or phrases.
- Take this feeling into a new medium & color. Add a few marks or shapes in each square that connect to the feeling of this perspective.

7. Look back at all of the poems you have written and the parts you have underlined. Bring the underlined sections together into a new poem. Add a few words or tweaks to punctuation & grammar to help the phrases connect & flow.

8. Peel off tape and consider adding a few words or phrases into image. You may want to hand write them in various parts of the image or use them as a frame on the outside or even have the two components stay separate!

9. Give your poem and series a title.

