

Poetry Writing for Grievers

Poetry writing at *any age* can be incredibly useful when grieving.

Here are some reasons:

- Mourners are often faced with new, difficult, overwhelming, and confusing thoughts, feelings and experiences. By putting these emotions and thoughts into words, grievers can better make sense of and process what they are going through.
- The act of writing emotions down on paper can be cathartic, helping to release burdensome feelings and thoughts.
- Poem writing can be an avenue for self-expression. Through writing, a griever may even discover something they did not know about themselves.
- By sharing their poem with someone else, a mourner can be better understood by others.
- Poems can be written in memory of a significant person who has died, and can be a meaningful tribute to them and the relationship the bereaved had with them.
- Poetry writing can be fun!

Poem writing can be intimidating, and it can be difficult to know how to start.

In the following pages you will find fill-in-the-blank poems to be written in honor of the person who died, as well as instructions and guides for writing poems in various styles and formats. The guides for writing different types of poems can be written about the person who died, about grief, or about anything creative the poet is inspired to write about. Poems written about other topics or in humor, can be relaxing and provide a joyous break from the typical thoughts and feelings of grief.

The poetry writing guides vary in degree of difficulty. In general, the guides are ordered from simple to more complex. Young poets may benefit from the help and assistance of an adult.

Happy writing!

Acrostic Poem

Acrostic poems are simple and fun!

To write an Acrostic Poem:

1. Choose a specific name, phrase, thing, topic, etc. for your poem to be written about.
2. Write this name/phrase/thing vertically, down the left side of the page.
3. Think of words that describe the name/phrase/thing, that also begin with the letters that spell the name/phrase/thing.
4. Using the letters spelling out the name/phrase/thing as the first letter of the descriptive words, write the descriptive words horizontally across the page.

Create your own unique acrostic poem using the name of the significant person who died, the relationship the person had to you, something that reminds you of the person, or anything else you would like to write your poem about.

Examples:

Susie

Silly

Unique

Sensitive

Inventive

Exciting

Sister

Smart

Imaginative

Shy

Talented

Easygoing

Reliable

Friend

Funny

Rare

Important

Energetic

Nice

Dependable

Cats

Curious

Acrobatic

Timid

Soft

I Remember You

This poem is meant to be written in remembrance of the significant person in your life who died. There is no wrong way to complete this poem. Feel free to change lines or add to the poem as you like.

I Remember You

Your voice sounded like _____.

You often smelled of _____.

You liked to wear _____.

Your laughter sounded _____.

I remember what it sounded like when you said my name.

To _____ felt _____.
(get a hug from you, sit next to you, be with you, etc.)

You were best at _____.

You taught me that/how to _____.

What I remember most about you is _____.

I will always remember you, _____.
(name of the person or what you called the person who died)

In Memory of _____

This poem is meant to be written about your thoughts and feelings, and about the person who died and their relationship with you. There is no wrong way to complete this poem. Feel free to change and add to the poem as you like.

In Memory of _____

I often think about how _____.

I miss you most when _____.

I never told you that _____.

I regret that _____.

Since your death I have felt _____.

I wish you could see me _____.

I sometimes imagine that _____.

I want you to know that _____.

If you were here I would tell you that _____.

And you would say _____.

Diamante

A diamante is an unrhymed, seven-line poem. "Diamante" is the Italian word for diamond, and this poem has a diamond shape with the beginning and ending lines being the shortest, while the lines in the middle are longer. There are synonym (words or phrases that mean nearly the same thing) diamantes and antonym (words or phrases meaning the opposite to another) diamantes.

Guidelines to follow:

1. Diamantes are seven lines long.
2. Lines 1 and 7 have just 1 word.
Lines 2 and 6 have 2 words.
Lines 3 and 5 have 3 words.
Line 4 line has 4 words.
3. Lines 1, 4, 7 are nouns (people/places/things).
Lines 2 and 6 are adjectives (describes a noun).
Lines 3 and 5 are verbs (action words).

4. In a synonym diamante, the nouns at the beginning and end are two words that mean the same thing or just about the same thing. In an antonym diamante, the two nouns are opposites, with the adjectives and verbs in lines 2 and 3 and first 2 nouns in line 4 related to the noun in line one, and the adjectives and verbs in lines 5 and 6, along with the last 2 nouns in line 4, related to the noun in line 7.

Diamante Form:

Noun

Adjective, Adjective

Verb, Verb, Verb

Noun, Noun, Noun, Noun

Verb, verb, Verb

Adjective, Adjective

Noun

Examples:

Synonym Diamante:

Mom

Loving, Creative

Hiking, Baking, Traveling

Talks, Hugs, Laughter, Gifts

Dancing, Shopping, Exploring

Fun, Caring

Mother

Antonym Diamante:

Summer

Sunny, Hot

Swimming, Camping, Hiking

Popsicles, Mosquitoes, Holidays, Snow

Ice-skating, Skiing, Sleeping

Cold, Dark

Winter

Haiku

A haiku is a traditional style of Japanese poetry. It is composed of three, unrhymed lines of five, seven, and five syllables. A syllable is a part of a word pronounced as a unit. It is usually made up of a vowel alone or vowel with one or more consonants. A syllable is also called a beat, and you can identify syllables by clapping the "beats" in words. For example, the word "poem" has 2 syllables: Po-em. The word "poetry" has 3 syllables: Po-e-try.

Line 1: 5 syllables _ _ _ _ _

Line 2: 7 syllables _ _ _ _ _ _ _

Line 3: 5 syllables _ _ _ _ _

Haiku poems are often written about seasons or nature, but you can write your own haiku about anything you choose. Also, the last line usually makes an observation about the subject you are writing about.

Example:

Dad loved the summer.
He loved to take me camping.
I will miss my dad.

Simple steps to writing a haiku:

1. Pick a topic to write about. A season, something in nature, the person in your life that died, or anything else you would like to write about.
2. Think about an observation you would like to make in your last line, or how your last line will be different.
3. Start writing, and don't forget to count or clap out the syllables to make sure you have the right pattern. (5 syllables, 7 syllables, 5 syllables) It's helpful to count the syllables on your fingers as you say the words to make sure you have the right number.

* For an extra challenge, see if you can write a **funny** haiku!

One way to write a funny haiku is to have an unexpected last line.

Example:

I am sick today.
I have to stay home from school.
I like being sick.