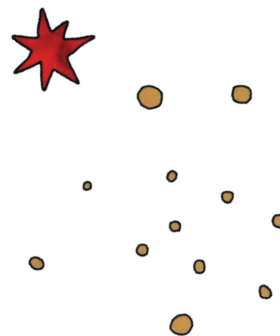


Take a deep breath

A National Poetry Day
resource from CLPE

EARLY YEARS FOUNDATION STAGE



This resource was produced in collaboration with the Centre for Literacy in Primary Education (CLPE). Find more poets and poetry on CLPE's website, visit: clpe.org.uk/poetry

CLPE is a charity working to improve literacy teaching in schools and settings.
Registered Charity No: 1092698

Find a moment of refuge from the everyday...



Read the poem with your class. *You might find it helpful to read it more than once.*

Try closing your eyes and following along with the breathing in the poem, while someone else reads it out loud.

Take A Deep Breath

Close your eyes,
imagine the sea.

Take a deep breath...
and let it out.

Close your eyes,
imagine the waves splashing your feet.

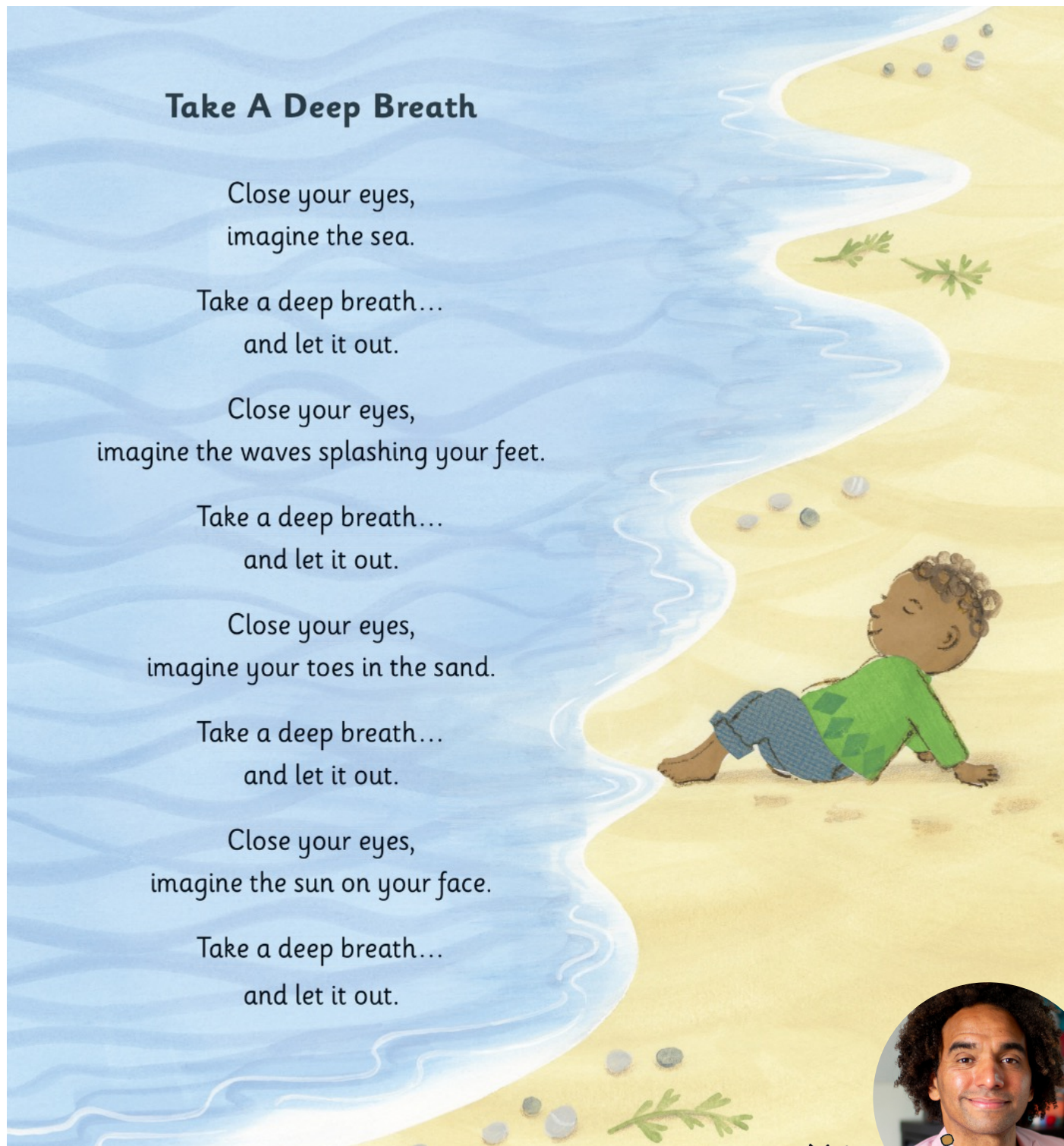
Take a deep breath...
and let it out.

Close your eyes,
imagine your toes in the sand.

Take a deep breath...
and let it out.

Close your eyes,
imagine the sun on your face.

Take a deep breath...
and let it out.



Take A Deep Breath by Joseph Coelho ©

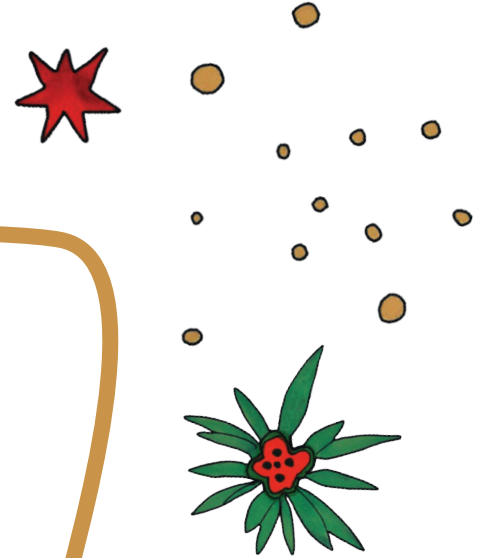
Blow a Kiss, Catch a Kiss by Joseph Coelho, illustrated by Nicola Killen,
Andersen Press

Find a moment of refuge from the everyday...

Think about the poem

You could discuss this as a whole class, in small groups or think about it on your own.

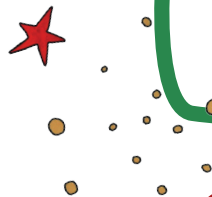
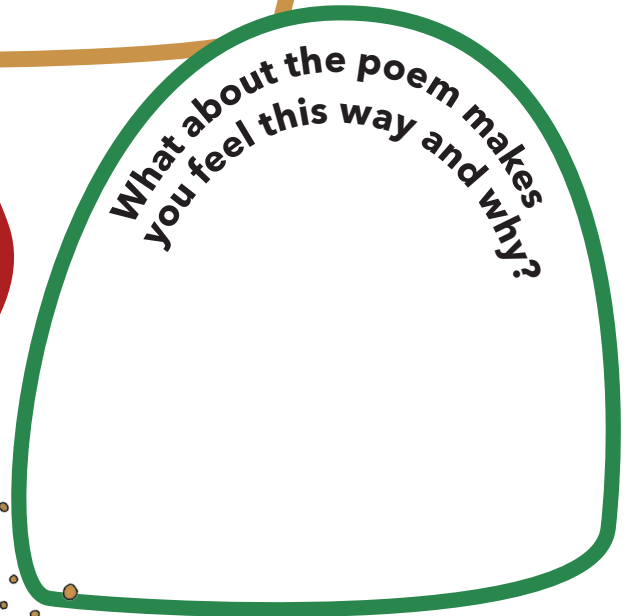
What do you think the poem is about?



How does the poem make you feel?

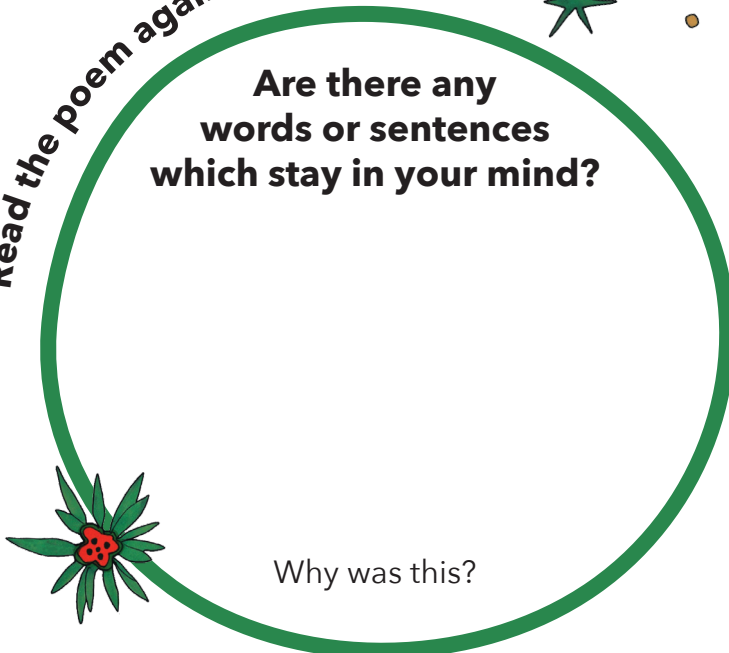


What about the poem makes you feel this way and why?



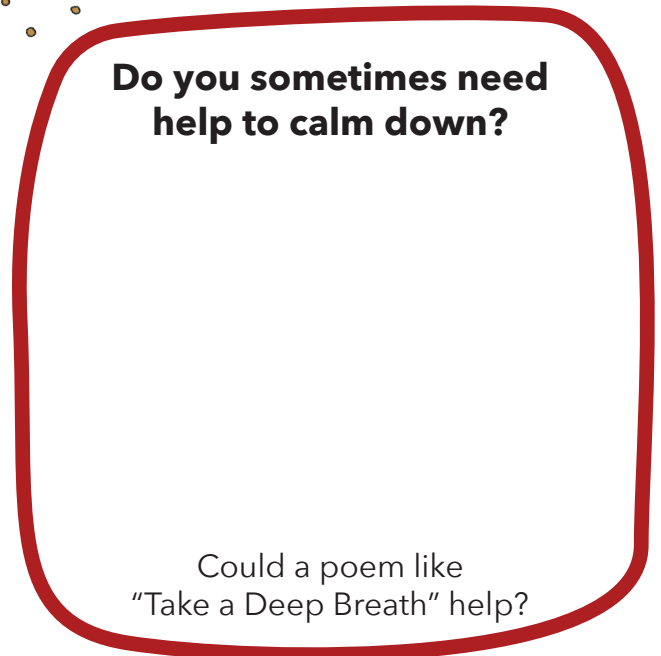
Read the poem again.

Are there any words or sentences which stay in your mind?



Why was this?

Do you sometimes need help to calm down?



Could a poem like "Take a Deep Breath" help?

Find a moment of refuge from the everyday...

Where's your happy place?

Where do you feel safe and relaxed?

Where's your happy place?

Maybe it's on the swings at the park, with your Gran, or in your imagination?

How do you feel in your happy place?

Perhaps you feel the wind rushing past you on the swings, or maybe you feel happy and safe with your Gran...

What sounds or smells might you notice at your happy place?

It could be things like the birds singing, or the sound of other children playing.

What might you see in your happy place?

What colours and shapes describe the things you see? Perhaps a smooth, red slide at the playground, or Gran's green, squashy sofa...

Find a moment of refuge from the everyday...



Write your own poem

Use the words you've written describing your happy place to help you write your own poem. Think about how you can use words and different rhythms to create a sense of calm.

Tip: Perhaps you could use the repeating lines in the “Take a Deep Breath” poem to build your poem around. Or maybe you’d like to write your own lines which repeat throughout your poem.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.

Whenever you create something, don't forget it belongs to you. An automatic shield called copyright protects your work.

Find a moment of refuge from the everyday...

Images help with understanding



Poems are often accompanied by illustrations to help the words in the poem come to life visually. This illustration of the little boy sitting quietly on the shore really helps us to imagine ourselves there.

Take A Deep Breath

Close your eyes,
imagine the sea.

Take a deep breath...
and let it out.

Close your eyes,
imagine the waves splashing your feet.

Take a deep breath...
and let it out.

Close your eyes,
imagine your toes in the sand.

Take a deep breath...
and let it out.

Close your eyes,
imagine the sun on your face.

Take a deep breath...
and let it out.



Tip: Think about how to place yourself in an illustration of your special place and show how it makes you feel.

Find a moment of refuge from the everyday...



Create art with your poem

Think about the words in your poem. What colours, shapes or images might emphasise the meaning?

Some tips to get you started:

Use your best handwriting. Make a background and write your poem over the top or leave a space for the words and fill in the illustration around it. Perhaps you could create an artwork on the computer and experiment with fonts and digital images. Use your imagination and have fun!

A large, empty rectangular box with a thin black border, intended for students to create art based on their poems. It occupies the central portion of the page.

Why not create a class display of your illustrated poems, so others in your school can enjoy your poetic creativity?



Find a moment of refuge from the everyday...

Build drama with poetry

Spoken word performances can add another exciting dimension to poetry.

Perhaps the most confident poets and performers among you could perform your poems in assembly, so the rest of your school can discover all the enjoyment poetry can bring.

Consider how to create a sense of calm and relaxation in a performance of the poem. Look at the repeated lines '*Close your eyes*' and '*Take a deep breath*' and think about the rhythm this repetition gives to the performance.

Some things to consider:

- Think about how fast, slow, loud or quietly you speak the lines.
- Are there any facial expressions or actions you could perform to accompany the poem?
- Could you use music, or sounds to enhance the performance?
- Could you use lighting to change the mood throughout the poem?
- Maybe you could work in small groups and share ideas about how to perform each others poems.
- When you have decided how to perform your poem, practice a few times before performing it for others, in your class or at home.
- If you don't want to perform your poem, perhaps you could think about how to perform a published poem instead.



Find a moment of refuge from the everyday...

The music of poetry

Many singer-songwriters also write poetry. Why not try setting your chosen poem to music to see how the meaning or imagery within it could be enhanced or changed.

Some things to consider:

- Think about the rhythm and flow of the words in your chosen poem.
- What sounds come to mind as you read the words?
- Use percussion, found objects, instruments or even your body to make sounds.
- Use your voice or layer multiple voices to create sounds.
- Use digital sound effects to build a soundtrack to enhance the meaning.
- How does it change the effect if you whisper, sing or shout the words?





#NationalPoetryDay
www.nationalpoetryday.co.uk

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