 Our Senses

We all have feelings, right? We have people, food/drinks, situations that make us feel positive feelings, and those that make us feel uncomfortable.

1. Choose an emotion e.g. fear, love, hate, happiness etc.

2. Write your own poem according to this formula:

What colour is the emotion?

What does it taste like?

What does it smell like?

What does it look like?

What does it sound like?

What does it feel like?

Be creative with your descriptions and your poem will come alive!

Example:

Fear

Fear is black like stormy clouds.

It tastes like cold rice pudding.

It smells musty and damp

It looks like a dark lonely street.

It sounds like echoing footsteps,

It feels like being alone

You could write your poem based on an emotion, this situation, your favourite place, a member of your family, your best friend, your favourite /least favourite food, your hopes and dreams, the list is endless …

Go on be creative!

Idea adapted from the Hill View Homepage http://www.sunderland.com/hillview