

# poetic YOUTH

## Lesson 1: Dreams and Wishes

**Learning Objectives:** Facilitators learn as many names as possible. Establish an environment that feels as creatively inviting as possible; encourage language and associations that might be considered strange in another context.

**Warm-Up:** Ask the class to write down a list of wishes. Any wish that pops in their head is perfectly suitable. Stress a continuous flow of writing for 5-10 minutes. Facilitators present examples and encourage examples from students. If we see a lack of wishes being submitted, we can give silly examples, such as “I wish for a burger and fries with a milkshake,” or serious examples like, “I wish I paid more attention to what my father has to say.” After the allotted time, ask them to further the writing exercise by elaborating and experimenting on what they have written so far, i.e. adding colors, place, sensory descriptions, similes, alliteration, or even rearranging the words in their wishes. So my wish for a burger and fries with a milkshake, becomes, “I wish for a burger and fries with a milkshake like August clouds.”

**Writing Exercise:** During this exercise, ask the students to write about a dream or a déjà vu experience. Encourage them to be as specific as possible with their descriptions. Not “I saw someone in my room,” but “I saw a small old man dressed head to toe in black and dead pale skin crouching near the edge of my bed.” Encourage the students to create a dream journal or diary for personal use, and in the future continue to write about their dreams. Dreams can be a great source of original, creative and personal content whose translation into language is an exercise in descriptive, colorful writing.

**Closing:** Go around the circle and share what we have written. If they don't want to share, that's fine or if they want to share only a line from their poems that's okay as well. Facilitators should include our dream entries we write during the timed period as well. Discussing our dreams builds excitement about our own personal mysteries and imaginative experiences.