



POETRY PRACTICE

SMALL GROUP ACTIVITY

5+ MINUTES

- Lead this quick cognitive warm up to build attention, processing speed, nimbleness and other cognitive skills, as well as group connection.
- Have the group come up with a strategy to remember a short poetry stanza that you write on a whiteboard or flip chart. Practice the stanza several times together, then flip the white chart around and see if the group can remember the stanza on their own.
- When repeating this class, use a different poetry prompt.
- Encourage distance learners to join in from home.

Hello! I'm glad we are all here for our Total Brain Health "Brain Play." These fast-paced workouts are an important way we can keep our thinking focused, quick, and nimble.

Today's "Brain Play" is "Poetry Practice." I'm going to share with you a stanza or a part of a stanza from a famous poem. Let's work together to find strategies to remember the poem and practice together. Then, I'm going to cover up the poem and let's see how well we can remember.

Excellent teamwork, class!

"POETRY PRACTICE" PROMPTS

The Tyger

Tyger Tyger, burning bright,
In the forests of the night;
What immortal hand or eye,
Could frame thy
fearful symmetry?

— *William Blake*

I Wandered Lonely as a Cloud

I wandered lonely as a cloud
That floats on high o'er
vales and hills,
When all at once
I saw a crowd,
A host, of golden daffodils.

— *William Wordsworth*

A Jelly-Fish

Visible, invisible,
A fluctuating charm,
An amber-colored amethyst
Inhabits it; your arm
Approaches, and
It opens and
It closes.

— *Marianne Moore*



POETRY PRACTICE

TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH BRAIN PLAYS

Poetry can boost memory and promote inward thinking. Understanding the sounds, meanings, and emotions of the words helps us to workout our brains in unique ways.

BUILD YOUR BRAIN

Select a stanza from a famous poem below. Take 3 minutes to memorize the words, then cover your paper and see how much you remember. Bonus if you share your favorite poem with a friend or loved one.

“POETRY PRACTICE” PROMPTS (Choose 1)

A Day of Sunshine

O gift of God! O perfect day:
Whereon shall no man work, but play;
Whereon it is enough for me,
Not to be doing, but to be!
— *Henry Wadsworth Longfellow*

Hello! Hello!

“Hello! hello!
Come down below,--
It’s lovely and cool
Out here in the pool;
On a lily-pad float
For a nice green boat.
Here we sit and sing
In a pleasant ring;
Or leap frog play,
In the jolliest way.
Our games have begun,
Come join in the fun.”
— *Louisa May Alcott*

A Drinking Song

Wine comes in at the mouth
And love comes in at the eye;
That’s all we shall know for truth
Before we grow old and die.
I lift the glass to my mouth,
I look at you, and I sigh.
— *William Butler Yeats*

A Time to Talk

When a friend calls to me from the road
And slows his horse to a meaning walk,
I don’t stand still and look around
On all the hills I haven’t hoed,
And shout from where I am, ‘What is it?’
No, not as there is a time talk.
I thrust my hoe in the mellow ground,
Blade-end up and five feet tall,
And plod: I go up to the stone wall
For a friendly visit.
— *Robert Lee Frost*