



CLASS 4 | POETRY MOVES

TBH CARE 1.0 PROGRAM

TBH FOCUS

BODY MOVE IT

SBBT

ALL TOGETHER

SKILLS WORKED



TOPIC

How creative play can support physical engagement, intellectual stimulation.

WHAT

Work together to create movements inspired by a poetry prompt.

YOU WILL NEED

- Squeezable soft balls if using the *Backup Plan* variation



WELCOME

10 MINUTES

- Welcome students with a short orientation to the location, time, and people in the room.
- Share in simple terms how engaging our minds together is good for our thinking and wellbeing.



LET'S GET IT STARTED

10 MINUTES

- Lead the optional seated physical warmup.
- See online class for directions.

SHARE THE SCIENCE

Share these science facts before or during the training workout.

- Poetry is a way we can be creative.
- Think about things differently.
- There are many ways we can enjoy poetry.
- We can read or listen to poetry together.
- What would you write a poem about?
- What is your favorite poem?



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LET'S TRAIN

20+ MINUTES

- Lead your students as you read and create movements to a poetry prompt.
- Select a *TBH Poetry Moves* prompt from below.
- Read the poetry prompt aloud to your students.
- Read the lines or words slowly, talking and trying together different movements, sounds, etc. inspired by the motion and emotion in the poetry.
- Read the poetry prompt again, this time acting out together all the moves, sounds, etc. you created to go with the words of the poem.

TBH POETRY MOVES PROMPTS

From **Who Has Seen the Wind?**

Christina Rossetti

Who has seen the wind?
Neither I nor you;
But when the leaves hang trembling
The wind is passing through.

From **Sweet and Low**

Alfred, Lord Tennyson

Sweet and low, sweet and low,
Wind of the western sea.
Low, low, breathe and blow,
Wind of the western sea!

From **Afternoon on a Hill**

Edna St. Vincent Millay

I will be the gladdest thing
Under the sun!
I will touch a hundred flowers
And not pick one.

Fog

Carl Sandburg

The fog comes on little cat feet.
It sits looking over harbor and city
on silent haunches and then moves on.

From **Lift Every Voice and Sing**

James Weldon Johnson

Lift every voice and sing
Till earth and heaven ring,
Ring with the harmonies of Liberty;
Let our rejoicing rise
High as the listening skies,
Let it resound loud as the rolling sea.

From **Song Of Songs**

King Solomon

Awake, north wind; and come, you south!
Blow on my garden,
that its spices may flow out.
Let my beloved come into his garden,
and taste his precious fruits.

Dawn

Emily Dickinson

Not knowing when the dawn will come
I open every door;
Or has it feathers like a bird,
Or billows like a shore?

Time Is

Henry Van Dyke

Time is
Too Slow for those who Wait,
Too Swift for those who Fear,
Too Long for those who Grieve,
Too Short for those who Rejoice;
But for those who Love,
Time is not.



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ADAPT THE WORKOUT

Adapt as needed so everyone can fully benefit from the workout.

- **Make It Harder.** Take turns with students setting a creative move to a line of the poem.
- **Make It Easier.** Limit verbal instruction. Read the poem line by line and focus on the creative movement aspect of the activity.
- **Backup Plan.** Read the poetry prompt aloud. Offer gentle motions such as softly clapping your hands together, lightly stroke the top of their hands, etc. in keeping with the rhythm of the poem. Option to offer soft balls to squeeze in rhythm with the poetry.



TAKE A BREATH

10 MINUTES

- Lead this optional breathing relaxation cooldown.
- See online class for directions.



JOIN ANOTHER CLASS!

5 MINUTES

- Thank students for attending class and creating poetry moves together.
- Invite them to join your next class session.



MORE RESOURCES

- See online class.

FOR NEXT TIME

Repeat the class to boost mastery and confidence.

- Select a different *TBH Poetry Moves* prompt from the list.