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Attention, all budding poets!

We are holding a poetry competition, here in Scoil Treasa, to find the many talented poets we know we have in our school.

Spring is in the air and we could all do with some cheering up!

All you need to do is write a poem about what makes you happy.

How can you best capture what makes you happy, in a poem?

Read this poem by Grace Wells to inspire you:

**The Recipe for Happiness**

The recipe for happiness in our house

 is to take a cup of flour,

 and milk, two eggs, a pinch of salt,

 and whisk for half an hour.

Then take the creamy mixture

 to the steaming frying pan,

 ladle little circles in,

as many as you can.

Watch them all turn gold and brown,

then sit down to eat,

sugar and lemon on one side,

pour maple syrup to complete

 -Grace Wells

* Your poem can be about anything you like that makes you happy.
* Make sure your poem has a title and include your name underneath your poem.
* Submit your poem to your teacher on Google Classroom and your teacher will pick a winning poem from your class to be published on the school website.
* The **closing date** for submitting your poem is next **Friday the 12th of February.**
* Winners will be announced after the mid term break.

Please see below for some “warm up” activities you can do before writing your poem, to inspire you.

**Poetry Writing Exercises Using your Senses Exercise**

 **Exercise 1**

Sit outdoors for a few minutes with your eyes closed.

Write down a record of what you have heard around you. Add to the sound any smells you have become aware of - the feel of the grass, concrete about you, the air against your skin, etc. Then open your eyes completely and add all the things you can see to the record.

 **Exercise 2**

Keep your notebook next to you as you eat a meal and jot down all that is happening, as if all you can do is taste. Try to capture the complete sensations of tasting, chewing and swallowing.

 **Exercise 3**

Take your notebook out for a walk and write down everything that is happening about you. Try to build up a flow of ideas and leave no sensation unexplored or unrecorded. Touch, smell everything around you - a railing, hedges, smell new paint, traffic fumes, a bonfire, etc. Write it all down.

 **Exercise 4**

 At night, leave your notebook by your bed. Read some poems before you sleep. When you wake up, try and capture what you have dreamt. Sometimes this can be difficult, but keep trying for a few days, to capture at least one dream.

Some things to remember when you are writing a poem:

 • Always be curious

 • Keep a notebook and jot down your ideas

 • Love reading

 • Try and write every day

 • Enjoy the world around you

 • Be interested in lots of different things

And….most importantly- Have fun!