



Finding Wonder: AT THE INTERSECTION OF NATURE & POETRY

“WHEN YOU RECOVER OR DISCOVER SOMETHING THAT NOURISHES YOUR SOUL AND BRINGS YOU JOY, CARE ENOUGH ABOUT YOURSELF TO
MAKE ROOM FOR IT IN YOUR LIFE.”

– JEAN SHINODA BOLEN

Patterns in Nature

- Shape repetition-grove of trees, series of stacked mountain ridges
- Diverging patterns-one or more shapes that diverge from the rest
- Symmetry: reflective, rotational
- Dynamic patterns- passing clouds, flock of birds, flowing water
- Random patterns- lichen splotches on a rock
- There is almost no end to possible pattern subjects in nature:
 - a patch of wildflowers
 - textured or weathered wood
 - the details of a bird's feathers
 - bubbles in ice
 - shapes carved in a beach by a retreating tide

Nature Activities

- Bird Watching
 - Talkin' Birds Podcast
 - Bird Apps: Merlin, Audubon Bird Guide, BirdNET: bird sound identification
- Nature Mandalas
- Framing nature outdoors
- Cloudappreciationsociety.org
- Free Ecotherapy Workbook thewellnesssociety.org/free-tools/
- All Trails app
- Mini Nature Journal <https://www.wildwonder.org/store/digital-downloads>



“The poet’s gaze, their observation and insight and word play, can bring the outdoors to us in ways we hadn’t considered, ways we might not have known to look.

A good poem on nature slows us down.

It reminds us of the dirt we walk on, the trees we pass by the birds overhead, the hands that have tilled and planted, the survival of seeds—of animals, of humans...”

<https://bookriot.com/2018/08/15/poems-on-nature/>

TIP: Re-read poem and observe where it lands this time

Poetry Activities

- April is poetry month
- Create a group to listen to state poet laureates or poets during U.S. inaugurations
- Blackout poetry
- Diamante poetry
- Poetry in your pocket
 - Keep a short poem in your pocket. ...
 - Print some favorite poems and pass them out
 - Post a poem on your blog or social networking page.
 - Add a poem to your email footer.
 - Text a poem to friends.
 - Distribute bookmarks with lines from favorite poems
 - Record a video of yourself reading a poem, then share it on social media
 - Email a poem to friends, family, neighbors, local government leaders.
 - Schedule a video chat and read a poem to your loved ones.
 - Read a poem out loud from your porch, window or outdoor space.

Diamante Poetry Exploration

Diamante, means diamond in Italian

The idea of poems being shapes, or “concrete forms” is a much older idea. A diamante can showcase the power of association—hearing one word but thinking of an idea or event. The beauty of a diamante is that you can be simple, ironic, subtle, or bold.

<https://inspirefirst.com/how-to-write-a-diamante/>

Noun Adjective, Adj. Verb, Verb, Verb Noun, Noun, Noun, Noun Verb, Verb, Verb Adjective, Adj. Noun	 Poetry Beautiful, Bewildering, Written, composed, spoken, Sonnets, sestinas, epitaphs, odes, Scribbled, sung, inscribed, Lovely, lasting, Verse
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Diamante Poetry Starters

- A place, or places, you love
- Another literary or cultural work (favorite tv show, anyone?)
- Food (why are there not more poems in praise of coffee?)
- An animal or pet
- Something in nature
- An abstract idea (patience, liberty, freedom, quarantine)
- Two of your favorite things, other people might not connect (i.e. pizza and orange juice.)
- A friend or family member

Source: <https://inspirefirst.com/how-to-write-a-diamante/>

1. **Brainstorm.** What do you want your diamante to be about? Write down possible words.
2. **Look at your list.** Do you have two words that connect, or two words that are nice opposites?
3. **Take your pick.** Synonyms or antonyms? Which kind of diamante do you want to write?
4. **Start Writing.** The poem begins!



Poetry is a natural medicine that extends solace and relief, gives cathartic voice to suffering, reveals insight and shows us what it means to be human.

John Fox, PPM Founder & President, Institute for Poetic Medicine

Poetry Wellness Tips

- The Sacred Pause
- Replace screen time with poetry reading
- Meditation: Walking & Stopping

References & Resources:

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Poetryfoundation.org

Institute for Poetic Medicine <https://poeticmedicine.org/>

<https://bookriot.com/poems-on-nature/>

<https://www.johnbrehmpoet.com/books/>

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