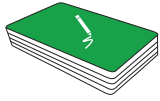


Compose

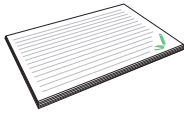
Play by yourself or in a group to create poetry!



In the Box



Topic cards



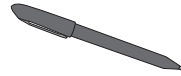
6 journal pads



1 poetry pad



1 timer



6 pens

How to Play

1 Choose a topic.

Draw a topic card from one of the 3 decks.



Light Topics

Getting to know you



Deeper Topics

Middle of the Road



Personal Topics

Self-expression

2 Flip the timer and get writing!

Each player writes on their journal pad for two minutes. Here are some guidelines:

- Write in stream-of-consciousness format - whatever comes into your head, without worrying too much about grammar or spelling.
- Try to write for the whole two minutes without stopping. If you get stuck, just repeat your last word or sentence until you think of something else.
- Try not to backtrack, cross out, or revise what you're written - just let the words flow.

3 Pick your favorite line.

Once the two minutes are up, have everyone choose their favorite line or phrase from their writing. If you're playing in a group, everyone should choose 1 or 2 lines. If you're playing individually, choose as many lines as you'd like. Write everyone's phrase on a slip of paper from the poetry pad.

4 Share your writing.

Have each player read their slip and share why they choose that particular line. Then, choose an order for everyone's slips so they form a poem or passage. Congratulations, you're a writer! If you'd like to continue playing, start at #1 and begin a new round.

Expressive Writing

The writing in this game is similar to the stream-of-consciousness journaling method called expressive writing. Studies have shown that writing for a short amount of time each day can help people cope with trauma and explore the stories they tell themselves.

Here's one way to practice expressive writing:

- Grab a pen or pencil and a notebook, then find a quiet place and set a timer for 5 minutes.
- Write about whatever comes to mind until time is up. Write without stopping - if you don't have anything to write about, just repeat your last sentence until something comes to mind.
- You don't need to pay attention to grammar or spelling, and try not to go back to revise what you've written.
- When you're done writing, do whatever you'd like with the pages. You may save them to read again in the future, or dispose of them any way that seems safe and fitting.

If you'd like to learn more about journaling and mental health, try these resources:

<https://liberalarts.utexas.edu/psychology/faculty/pennebaker#writing-health>

Dr. James Pennebaker's expressive writing studies

<https://juliacameronlive.com/basic-tools/morning-pages/>

Julia Cameron's Morning Pages

Writing Down the Bones

Natalie Goldberg's book on writing for self-expression