

Sensory Poetry

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Step 1: Explore your 5 senses and write about what you find most beautiful about each sense. Ask yourself:

- What is the most beautiful sight to you?
- What is the most beautiful taste to you?
- What is the most beautiful touch to you?
- What is the most beautiful sound to you?
- What is the most beautiful smell to you?

Select one or more senses (sight, taste, touch, sound and/or smell) and write a draft of this poem and have it prepared for a writing conference with you teacher and/or classmate.

Step 2: Revise and retype your sensory poem.

Step 3: Write your PEARLS Ambassador and ask him/her to explore his/her 5 senses and then write a sensory poem based on your PEARLS Ambassador's responses. Make sure that the sense (s) that you selected for your PEARLS Ambassador's poem (sight, taste, touch, sound and/or smell) match the sense(s) that you selected for your own poem.

To help you with this writing activity, please see the responses of one PEARLS Ambassador with regard to her 5 senses and then a sampling of poems that were written based on her responses as well as poems that students wrote about themselves.

Step 4: Display your sensory poem next to the poem that you wrote about your PEARLS Ambassador.

Example From PEARLS Ambassador Rebecca:

- What is the most beautiful sight to you?

The most beautiful sight... I guess it depends on how I am feeling. But, it can be something simple, like a sunset, the ocean, dolphins or a rainbow. But, I also think it's really beautiful to see interactions between individuals that highlight compassion or love, like a father spending time or playing with their

child or someone taking the time to talk with someone who others don't like, especially someone with a disability.

- What is the most beautiful taste to you?

Chocolate, green tea frappuccinos, fettuccini Alfredo and Applebee's honey barbecue boneless wings!

- What is the most beautiful touch to you?

A gentle hug.

- What is the most beautiful sound to you?

Waves crashing on the beach.

- What is the most beautiful smell to you?

It depends but I really like the Sweet Pea and Moonlight Bath and Body Works scents. I also like the smell of eucalyptus, tea tree oil, lavender and the ocean. Ohh and chocolate cake and brownies cooking!!!

Example Poems:

Rebecca's Most Beautiful Sound

A Tug of War

by Samantha

Soaring in and out
snapping at the soles of my feet.
Energetic and almighty, knowing
that at any moment I could be snatched away.
But the big boom hitting the shore line, pulling
softly back into the abyss
makes me harmonious and blissful,
I am at peace.

Rebecca's Most Beautiful Sight

Rebecca's Eyes

by Jo

Avoidance or exclusion
have never solved anything,
but it makes life simpler.
Separation is what we strive for,
or categorization if you will.
Stereotypes?
Only help with the process.

It is nonsensical to me,
and I don't follow
because my eyes don't see.
There are colors, but everything
is formless. So much potential
and I don't run with scissors
when making first impressions.

So when you tell me that
she has a Skin Deformity
or he has Down Syndrome
I will never visualize those labels.
I am blind to them. Why?
It is too beautiful a sight,
seeing people talking
without lenses.

Rebecca's Most Beautiful Sight
Exquisiteness
by Tony

What is the most beautiful spectacle?
Is it something austere?
Like the sunset
Dolphins
A rainbow
Is it something exclusive?
Like a father and his child
Or a baby waking up to the world?
Beauty has infinite meanings
Perhaps one beautiful sight
That rarely gets recognized
Is someone taking the time
And interacting with the disabled?
That is beauty
Beauty is a simple entity
That becomes so important.

Rebecca's Most Beautiful Sight & Touch
Strangers
by Olivia

Alone.
She sits at the table, watching the world pass her by.
She opens her mouth
But it snatches shut.
A steel trap of loneliness.

Then,
Someone stops.
Sits down.
An unexpected smile
Captures everyone's attention.

He says hello,
How are you?
She blushes,
Touches her hair.

He doesn't notice her
Wheeled throne
Or how much smaller she is than him.
He sees her immense, stunning eyes.

The conversation starts.
A train, loaded and heavy,
Pulling out of the station
No faster than a turtle.
But the train starts to rush,
Gaining momentum
Until it is nearly unstoppable.

He glances at his watch.
A shadow of a grimace crosses his face.
He slowly lifts off his chair,
Hesitates,
Then embraces her.
Warm and soft
Unexpected and wonderful

He walks away, glancing back
As she relaxes into her seat
And smiles.