

Reflective Writing and Poem Recipe

(Pantoum Poem)

Reflective Writing

Facilitator introduces the **theme or question** on which they would like the participants to write about e.g. what are you proud of since our last action learning set?, what are your feelings about the experience of facilitation? What are your reflections of your learning on the course so far? How do you feel leading change in your organisation?

The poets are invited to write in a **free way**, without being concerned about grammar, spelling or making corrections.

The facilitator outlines that they will have **6 minutes** to do the reflective writing, and that they will be told once the 6 minutes are up.

After the six minutes are up the facilitator invites the participants to re-read what they have written, and **underline 6 phrases or words** that stand out, that seem surprising, or that elicit an inner response of resonance or struggle.

The participants are then invited to give their written piece a **title**.

Creating the Poem

The facilitator invites the participants to **re-write** the underlined words/phrases on a separate page.

The participants then tear off each word/phrase individually so that they have **six separate pieces of paper** each with one word/phrase on them.

The participant is then asked to pick one of these pieces of paper **at random** and read it.

They then take the word/phrase on this piece of paper and expand on it to **create a new sentence**.

On a third separate page they write out the new line that they have created, and this is **labelled Line 1**.

They **repeat this process**, labelling the next line Line 2 and so on until they have 6 new lines written.

The facilitator then outlines the order in which the lines should be written, arranging the lines in the **following order**:

Stanza 1

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Line 1

Line 2

Line 3

Line 4

Stanza 2

Line 2

Line 5

Line 4

Line 6

Stanza 3

Line 5

Line 3

Line 6

Line 1

The participants can then **re-visit the title** from the original written piece and use this for the poem if they wish.

Resources Needed

Paper (minimum 3 sheets per person)

Pens

Mobile phone (for timing 6 mins)

Recipe as above for order of lines in poem

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