

Worksheet 24: Blogs and Poetry



Student name: _____

Teacher: _____ **Class:** _____

Many people find that writing down what happens in their lives is a great way of making sense of events. It gives them the opportunity to reflect on their lives and sort things out in their heads. Sometimes, by writing things down, life can seem less threatening and out of control. It's also a way of unburdening yourself, making sure that you are not bottling up emotions until you burst.

Blogs (or web logs) and poems are two types of writing that are ideal for this type of reflection. Try starting your own Blog – keep it private if you prefer. Alternatively (or in addition to the Blog), try writing poems about your feelings. [If you prefer, paint and draw. This can also be very effective.]

Use the space below to draft your ideas