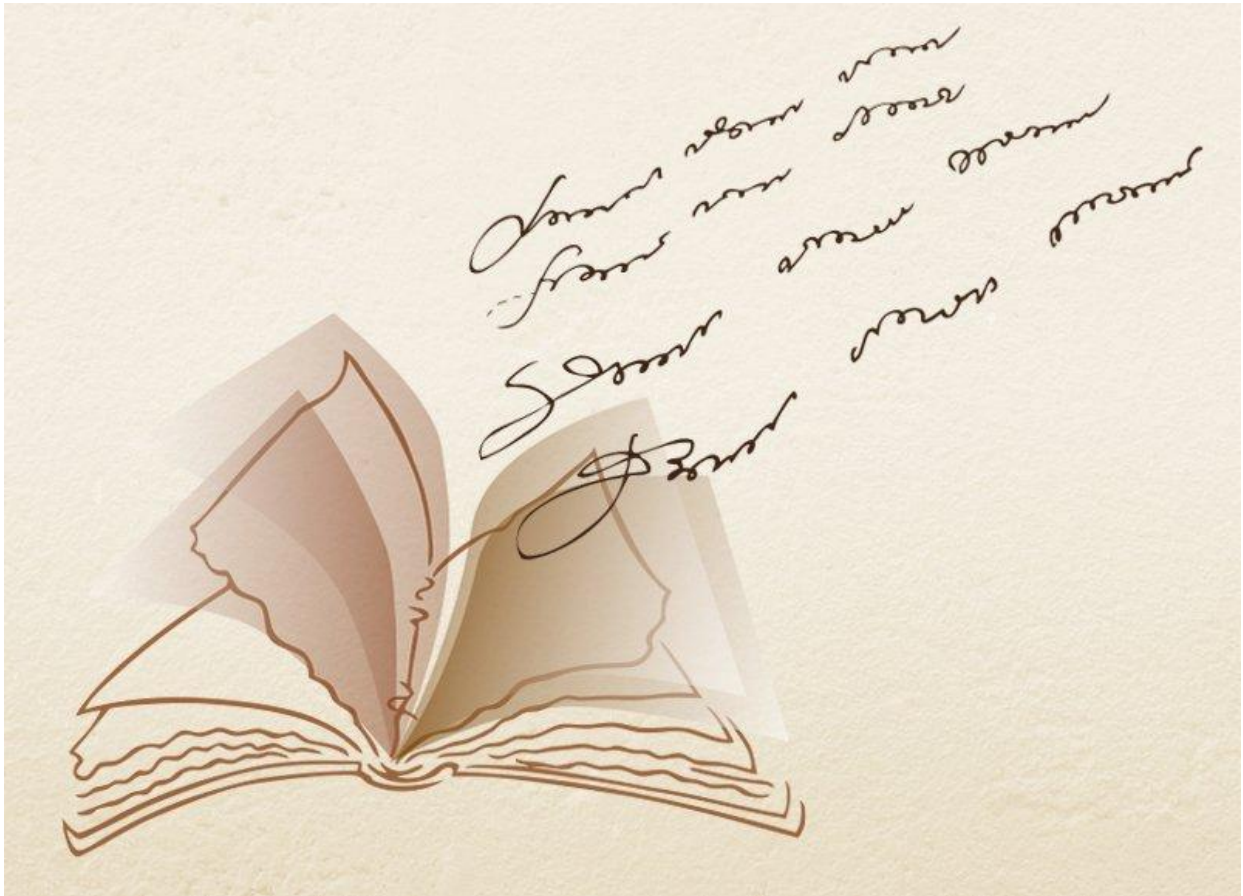


Poem



'Life's like poetry.' Dolly Parton

- In what way is your life like a poem? Does it have rhythm? Flow? Is there a pattern to your days? Is there meaning in what you do? Truth? Beauty?
- Is there a particular poem (or song lyric) that sums up your life? Is it a poem you have chosen for yourself, or would you prefer a different one?
- 1st October is National Poetry Day, 'the biggest mass celebration of poetry in the UK.' This year's theme is 'Wonder,' encouraging people to find the extraordinary in the everyday things of life.
- How would our lives be different if we actively sought out something extraordinary to wonder at every day? Challenge yourself to slow down, to notice and to wonder.