VIRTUAL INSTRUCTION
STEP-BY-STEP GUIDE

Workshop:
My Feeling is an Animal

Learn how to use metaphor and lineation by creating an original poem inspired by colorful, emotional animals. You will also learn how cultural differences shape how humans demonstrate emotion.

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Workshop duration: 25-45 min
1. Have your paper and writing utensil ready or have someone ready to write for you.

2. First, **think about a feeling or emotion**; any feeling or emotion that someone might have. Think of the movie *Inside/Out* for example, and if you like, you can use an emotion portrayed in that movie.

   **Write down the name of a feeling or emotion:** [Emotion] _____

   **Example:** Disappointment

3. Next, imagine that somehow that feeling or emotion magically transforms into an animal. **What animal does that feeling become?**

   **Write down the name of the animal:** [Animal] _____

   **Example:** Rat

4. **Now, what color is that animal?** You can stick with realistic coloring, or be more fanciful, such as “pink zebra” or “rainbow-colored tortoise.”

   **Write down the animal’s color:** [Animal color] _____

   **Example:** Gray

5. Finally, **imagine what the animal may be doing**? For example, if your emotion is “sadness”, imagine how THAT animal shows sadness? Try to choose an action that differs from how a human might show sadness. While a human may cry when sad, maybe your animal gets the hiccups or spins around in circles.

   **Write down the animal’s action:** [Animal action] _____

   **Example:** Scrounging a barren landscape for food
6. **Repeat steps #2 through #5, four additional times**, choosing a **different** animal each time. You will assign each different animal with a different emotion, color and action.

You will have a total of 5 different examples:

a.  
   [Emotion] _____
   [Animal] _____
   [Animal color] _____
   [Animal action] _____

b.  
   [Emotion] _____
   [Animal] _____
   [Animal color] _____
   [Animal action] _____

c.  
   [Emotion] _____
   [Animal] _____
   [Animal color] _____
   [Animal action] _____

d.  
   [Emotion] _____
   [Animal] _____
   [Animal color] _____
   [Animal action] _____

e.  
   [Emotion] _____
   [Animal] _____
   [Animal color] _____
   [Animal action] _____

7. **Read your examples out loud** and make any changes you desire.

8. Next, let’s **put your answers into sentence form**, following this format:

   [Emotion] is a [Animal color] [Animal] [Animal action]

Using the examples provided, I would write:

*Disappointment is a gray rat scrounging a barren landscape for food*
9. You will have a total of 5 lines:

[Emotion] is a [Animal color] [Animal] [Animal action]

[Emotion] is a [Animal color] [Animal] [Animal action]

[Emotion] is a [Animal color] [Animal] [Animal action]

[Emotion] is a [Animal color] [Animal] [Animal action]

[Emotion] is a [Animal color] [Animal] [Animal action]

10. You have also successfully used **metaphors** to explain your ideas and make comparisons.

11. Now, think about how you can **take your 5 sentences and break them into shorter bits** of information or **stanzas**. You will choose how many words you use in your shorter lines groupings. For example:

   Disappointment is a gray rat
   scrounging a barren landscape for food

   OR

   Disappointment
   is a gray rat
   scrounging
   a barren landscape
   for food

12. Continue breaking each of your 5 lines into **stanzas**. In poetry, this process of making creative decisions using line breaks is called **lineation**.

13. Congratulations, you’ve written a poem!

14. If you’d like to continue, try to find unique sounds in your poem--rhymes or near-rhymes perhaps. You can also use your word and sound combinations to guide any additional revisions you’d like to make.

15. Just like movies and books, poems have titles. You may ask yourself, “what is this poem about?” and use your answer to help you choose a title. Write down your title at the top of your paper.

16. You’ve done a wonderful job today. Thank you for taking the time to work on your poem.
If you are interested in receiving school credit for the work you have completed in this workshop, please [have a parent or guardian if under 18] complete a release form at tinyurl.com/y764xes5

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If you would like to continue working virtually with one of our Teaching Artists, please [have a parent or guardian if under 18] schedule at snowcityarts.as.me/schedule.php

We invite you to share the work you created with us. Please upload images of your artwork tinyurl.com/y8z9tlfs.

Contact Veronica Stein, Program Director if you have questions, or would like to offer feedback at veronica@snowcityarts.org

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