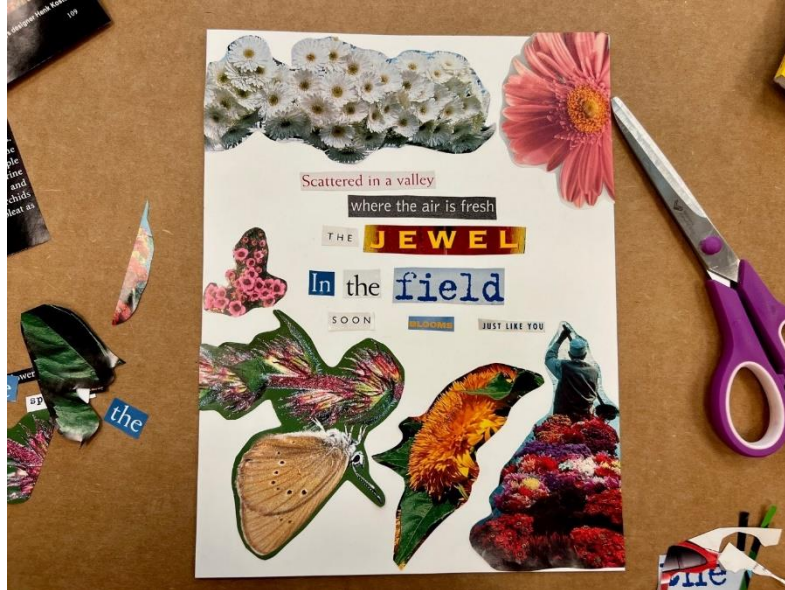


# Poem Found



## Introduction

From the French word *coller*, meaning to paste or glue, collage describes both the technique and the resulting work of art in which pieces of paper, photographs and other ephemera are arranged and anchored onto a supporting surface. In visual arts, this technique usually involves images. Collage in literary arts can mean any composition that includes words, phrases, or sections of outside source material in juxtaposition. Collage poetry, also called found poetry, is poetry that has been constructed from found words.

## Mindful Reflection

Sometimes because of a perceived lack of time or lack of self-prioritization, we are not receiving the joy that is possible moment-to-moment in our daily lives. In recent years, we have started to better understand the neural bases of states like happiness, gratitude, resilience, love, compassion, etc.... By taking the time to slow down and savor positive experiences in our day and in our work, by engaging in mindfulness practices such as artmaking, yoga and meditation that increase our ability to rest in non-reactive awareness, we can skillfully use our mind to change the brain, to change the mind for the better. Know that by taking the time to engage in this creative process, you are doing something greatly beneficial for your health and quality of life.

“Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts. There is something infinitely healing in the repeated refrains of nature - the assurance that dawn comes after night, and spring after winter.”

Rachel Carson, *Silent Spring*

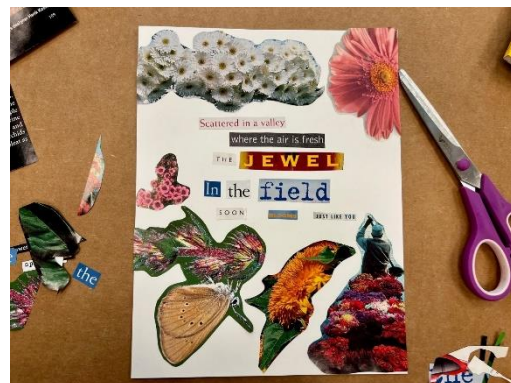
## Materials

stack of old magazines  
scissors  
glue stick  
card stock



## Directions

1. We recommend starting your process intuitively. Spend a good 20 minutes going through magazines to cut words that appeal to you. Look for words that create interesting thoughts or ideas. Make a stack of several selected words, and don't think too much about whether they relate with one another.
2. Trust your intuition. While pondering your mindfulness prompt, arrange your words into a phrase that holds meaning to you. When ready, begin pasting your words in the middle of the cardstock to make a "poem".



## Bonus step:

Cut and paste unique parts of the pages from your magazines that add interest to your work. These pieces could be relevant to your poem, or simply add details and create an aesthetic.