



## **Workshop One: The Cowardly Tomato**

### **Color, Emotion and Poetry**

**Color makes up a large part of our life experience, and its soothing and creatively stimulating to envision it. What do you think of when you close your eyes and think blue? What images come when you imagine red? Everyone's life experience is different so no two answers are ever the same.**

**We'll be writing poetry; rhymes, no rhymes, long, short...its your call. You can choose to stay with the color/emotion topic or you can use a life experience but it needs to be something of emotional significance to you. You are always free to share what you write with the group and also to opt out of sharing if you do not want to. If you want to provide feedback to someone else, please be polite and constructive. Also please keep language and any violent imagery to a minimum in your poetry and avoid them entirely while giving feedback. Have a great week, and I hope to see you on Saturday!**