

Schedule for Cowardly Tomato Workshop (Will run roughly an hour)

Introduction

who I am

- student at URI
- intern working in the library

Reasons for giving the workshop

- writing helps channel emotions
- liberating to write what you feel

Opening exercise (Get people in some semblance of a circle)

Ask each person:

What is your favorite color?

What image comes into your head when you picture _____?

Which emotion do you associate with this color?

Make sure everyone has at least one sheet of paper and a pen.

“We're going to start off with some exercises where we'll practicing some color/emotion links, then we'll go around the room and hear what people wrote. If at any time you feel uncomfortable sharing your work, you are free not to. There is no judgment and no contest.

First poetry exercise

- choose a color (can be any single color)
- write down the first ten things that come into your mind when you visualize this color (can be an emotion, an object, a place)
- choose five of them and list them lower on your paper
- Find five variations of the color you chose (for example, words such as crimson and ruby if your color is red) and list them next to your five listed words
- Write five sentences that link both words together

Second poetry exercise

- Choose and list five emotionally significant events in your life
- Pair them each with the first color you visualize when you think of them
- Take the colors and create a metaphor that mirrors the emotional event (Example: if your emotional event was the birth of a sister and your emotion was yellow, then your metaphor might be “yellow is a sister”)

Third poetry exercise

Get a new sheet of paper

- Think of your current favorite song
- write a lyric that you particularly like
- pass the paper to the person next to you
- continue passing the paper back and forth until there are six lines

Poem Rules

- must be at least four lines long, with five or more words per line. You can choose to make shorter lines

if you compensate by creating more of them

-You must use three colors in each poem. You are free to use two tones of the same color, but not all three.

After each writing, ask if anyone wants to share their work.

Topic Range One:

a pet peeve

a favorite facet of your personality

a moment you felt exceptionally strongly

Topic Range Two

The best friend you've ever had

Someone or something you are afraid to lose

A person who rubs you the wrong way

Topic Range Three

Someone who you found intensely attractive

An injustice that enraged you

The sexiest color

Topic Range Four

Anything you want!