

The Poem Collage

Self-criticism can make the act of creation difficult, and often that difficulty in finding the words to express your feelings is because you're self-conscious of how inadequate the expressions can feel.

By creating a poem from a pool of words collected from sources like magazines, newspapers, and old books, you can create an un-self-conscious poem that moulds pre-existing words to your feelings.

Here's how to make a poem collage.

You will need:

- Old magazines, newspapers, picture books, and scrap paper
- Coloured pens and pencils
- Scissors and glue
- Cardboard or thick paper for the base of the collage

Begin by:

1. Explain the concept of self-talk to your child, and how when we talk negatively to ourselves, it can significantly impact our mood, emotions, and feelings of growth and happiness.
2. Encourage a discussion around how and when your child is self-critical of themselves and when they engage in self-talk. Ask them to reflect on whether their loved ones would say these things about them? What would their loved ones say about them instead?
3. Provide your child with the materials and encourage them to create their own word/poem collage filled with positive affirmations and kind words they would like to attach more to themselves and how they think about their own person.
4. Let your child be as freely creative as they want, including images and colours that also make them feel good.
5. When they have finished, encourage your child to place it somewhere they look every day. Encourage them to spend 3-5 minutes each morning or evening, taking in what they have created and build these positive words and images into their day.