

# Enjoy at home – Writing a recipe poem

## The biology of kindness | Rhyming

**THE BIOLOGY OF KINDNESS.** Our bodies have evolved to reward us for kind actions. When we are kind, oxytocin and serotonin are released in our bodies and we get that warm glow. Oxytocin causes people to be more generous, more trusting, and can be released with a simple hug. Humans also have VEN cells, or ‘mirror neurons’, which allow us to observe somebody else, then map their body onto our own in order to learn skills from each other.

### INSTRUCTIONS

1. **FREE WRITE OR DISCUSS** some examples of people aping each other. Both deliberately (hand positions on a piano, dance moves etc) and subconsciously (yawning, body language etc).

2. **LIST SOME PEOPLE** who have given you that warm glow.

**Or who you would like to give that warm glow to.** If it is convenient, write a note / text / email to them telling them something you appreciate about them. It might begin “I admire your...” or “I just wanted to let you know...” It will very likely give them that warm glow.

3. **RHYMING PRACTICE.**

Poetry does not need to rhyme. Rhyme just gives it a pleasant sound. The important thing is not to be trapped by rhyme. Half rhyme helps with this by giving us more rhyming options.

**FULL / WHOLE RHYME (PERFECT RHYME)** is when the ends of two words sound exactly the same. **PRACTICE** by writing down some whole rhymes for **Inspire** (retire, fire, liar) **Create** (date, retaliate, gate) and **Education** (Alliteration, conversation, nation)

**HALF RHYME (IMPERFECT RHYME)** is when the ends of two words sound similar. In particular, the vowel sounds match. **PRACTICE:** write down some half rhymes for **Purple** (turtle, hurdle, gurgle), **Silver** (pilfer, filter, Matilda), and **January** (sanctuary, jam and jelly).

4. **TITLE YOUR POEM.** It will be “Recipe for kindness”, or “Recipe for calm”, or for patience, or forgiveness, or motherhood, or understanding, or any other positive abstract noun. An abstract noun is a concept or feeling.

## 5. MAKE A LIST OF INGREDIENTS.

They can be literal or more imaginative. My recipe is for kindness. Try to include

- **OBJECTS** (cups of tea, Winnie The Pooh books)
- **ACTIONS** (smiling, hugging, listening, making eye contact)
- **QUALITIES** (the colour yellow, gratitude).

## 6. ADD QUANTITIES, ADD DETAIL (40-45 mins)

‘Cups of tea’ → ‘Bottomless cups of tea, with listening ears and understanding nods.’

‘Smiling’ → ‘A bucketful of easy smiles that burst like sudden blossom.’

‘Gratitude’ → ‘A book full of things you’re grateful for: foxes, water, your health.’

## 7. ADD A RHYMING LINE to one of your lines and move the pair to the end of the poem to give you a finishing couplet. A stage at a time, you can:

**FIRST** – Choose the line you will rhyme with, and highlight the final word.

A book full of things you’re grateful for. Like foxes, water, your **health**.

**SECOND** – Write a list of rhyming words for the that final word. Use half rhymes too

Whole rhymes - Health / wealth / stealth

Half rhymes - yelp / help / else / well

**THIRD** – Choose one rhyme that you can relate to your subject, and write a new line with this rhyming word as your **FINAL** word. You might give yourself more than one option.

The way you want to relieve pain when you hear a dog **yelp**.

or

The way the neighbour picking up litter made you want to **help**.

or

Having enough to buy an extra can of soup for someone **else**.

Choose your favourite to use for the couplet. Discard the others:

A book full of things you’re grateful for. Like foxes, water, your **health**.

The way the neighbour picking up litter made *you* want to **help**.

- If you wanted, you could write a rhyming line for each of your ingredients so the entire poem rhymes throughout.
- You could also add a ‘method’ section to your recipe.