

# A DAY THAT'S YOURS

## *Poetry and Mindfulness with Blake Nuto*

Follow the same course as the parent and child in the book *A Day That's Ours* by Blake Nuto. Print me out to take me on your journey and create a poem with your imagination.

### 1. Make and share a meal

Plan to make a special breakfast! Make sure you have enough time to enjoy making and sharing it together.

While sharing your breakfast, describe what you like about it: Describe how it tastes. Talk about what you like about how it tastes.



### 2. Plan a walk



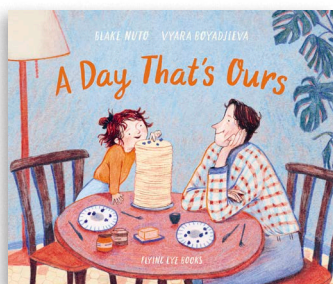
Check the weather, pack a lunch, and plan a walk together. It might be a simple walk to the shops, a walk to a nature space, a walk to the park - or maybe it's a walk with no destination in mind:

- Slow down and notice the world around you
- Find something - it could be a stone, bug, bird, leaf, or a feather. It could be anything you can see, even a reflection or a shadow
- Now, use your senses to describe what you're experiencing: How does it look? How does it sound? How does it smell or feel (if you can hold it)? What is the shape of it like? What is the colour?

### 3. Explore similes

Stretch the world of your imagination as you think about the thing you've found.

- Look at the shape: What does that shape remind you of? What shape is that shape like? Can you compare it to something you've seen before?
- Look at the colour of this thing. Where have you seen that colour before?
- If you can do that, you're stretching the world of your imagination - and building a poem.



### 4. Finally, make a record of your experience

You could try recording your ideas down on paper - either in drawing or writing. Use the back of this sheet of paper to record what you've thought and talked about for this experience.

*A Day That's Ours* by Blake Nuto and Vyara Boyadjieva is out now and available to purchase from [www.flyingeyebooks.com](http://www.flyingeyebooks.com)

MY DAY